

FAQ for Caedmon Families

When will campus re-open?

Currently, the Caedmon community is on Spring Break. All classes will be offered remotely beginning Tuesday, March 31. For now we anticipate remote learning to continue through April 20 and will update the community if this needs to be extended.

Who do I contact if I have a question during Remote Learning?

If you have a specific question for a teacher about an assignment or your child's progress, please email your child's teachers and "cc" the relevant division head. If you need to email a teacher, you can reach them by using the following email format:

lastname@caedmonschool.org with the exception of Joyce Schneider (jschneider@caedmonschool.org). The division heads' email addresses are:

- Saniya Mehdi (Early Childhood): mehdi@caedmonschool.org
- Tyler Jennings (Elementary): jennings@caedmonschool.org

If you have a broader question or concern, or need tech support, you can send an email to parentresponseteam@caedmonschool.org, and you will be prompted to select the appropriate staff for your question or concern.

Will my child be on a screen all day long?

Absolutely not. The amount of screen time will vary by the child's age and grade. Our expert teaching faculty have designed a remote learning plan that is developmentally appropriate.

How will my child receive learning support and/or counseling support?

The homeroom teachers will be available to answer questions and concerns. In addition, Caedmon's School Psychologist and Elementary Reading Specialist, respectively, can be reached at:

- Dr. Elizabeth Ward: ward@caedmonschool.org
- Heather Halverson: halverson@caedmonschool.org

Will the nurses be available to help families during Remote Learning?

Both of Caedmon's nurses will be available to answer questions. If you have concerns about COVID-19 and your family, however, please contact your family doctor or pediatrician.

- Sonya Neis: nurseneis@caedmonschool.org
- Rosemary Frisaro-Kessler: nurseroe@caedmonschool.org

How Can I Support My Children During the Remote Learning Plan?

Caedmon understands that a shift to a remote learning approach will require our students and families to make adjustments. Yet a continued *partnership* with parents and guardians can play a vital part of ensuring the success of the plan. The Head of School, division heads, school psychologist, reading specialist, technologists, and teachers are all available to support and guide students (and parents, guardians, and caregivers) should they need help. Below are

some guidelines for parents, guardians, and caregivers to help students achieve success with remote learning. Overall, we encourage you to embrace this time at home as a new adventure with great possibilities. ***Enjoy your family!***

Establish a Regular Schedule for Your Child & Stay Engaged with their Learning

Once distance learning is initiated by the School, it will be important for parents, guardians, and caregivers to help students establish and maintain a ***routine and structure*** for their day, beginning with a ***regular bedtime and wake-up time each day***. While some of our students may want to stay up late and sleep in, establishing a regular school day routine will help your child retain a sense of normalcy and stay engaged in learning. Begin and close each “school day” with a brief ***check-in*** as well as checking in throughout the day at regular intervals to ensure that your child is successfully engaging in remote learning. Reach out to your child’s teacher if you observe your child struggling to stay focused. Setting ***clear expectations*** with your child will help your child maintain a schedule and stay on top of their schoolwork.

Create a Study Space for Your Child

Productive learning relies on a conducive environment. We recommend that you create a ***separate, quiet space*** in your home for your child to study. The family room sofa with close proximity to a television or your child’s bedroom may not be the optimal place for your child to learn. We recommend that you choose an open area in the family living space (kitchen table, dining room, etc.) to ***avoid isolating*** your child and to allow parents/guardians to monitor your child’s learning and screen activity. A room with ***strong wireless connection*** will also be important. We also recognize that finding an ideal space may be challenging, particularly as the home may be shared with the whole family during these unusual circumstances, and each family will simply have to do their best to set their child up for success in this way.

Stay in Communication with your Child’s Teachers

Your child’s teachers and the division heads will maintain regular communication with students and their families. The frequency of the communications will depend on your child’s age, developmental stage, and level of independence. While teachers are available as resources for your child and for you, please keep in mind that our teachers will need to be in regular email communication with all of their families, so we ask that you be mindful when communicating with teachers, strive to be succinct, and focus on the essential. ***Please use email as your primary method of contact with teachers.***

Encourage Independence and Allow for Productive Struggle

Stay engaged in your child’s learning by asking them questions and having them share their thoughts while ***encouraging their independence*** so they can take ownership of their own learning. Some ***productive struggle is essential*** to learning, so we ask that parents allow their children to grapple with problems and come up with ideas for tackling them. Stepping in too quickly to help solve problems will deprive your child of the opportunity to learn, try new approaches, and gain greater independence and confidence. If your child becomes discouraged

and/or overwhelmed by schoolwork, please reach out to your child's teachers, division head, or the school psychologist.

Help your Child Maintain Social Contact with Peers

After the remote school day has ended, it will be very important for your child to stay in social contact (through virtual means) with their friends and peers. If social distancing is required, encourage your child to interact with friends through Facetime, Google Meet, or phone conversations. The school will rely on parents, guardians, and caregivers to monitor these interactions, and we ask that school devices not be used for these purposes. Please review the [Acceptable Use Policy for All Technology and Mobile Devices](#) with your child.

Wellness: Encourage Physical Activity and Movement and Monitor Student Stress

Physical movement and exercise are vital to maintaining physical and mental health, reducing stress and anxiety, and improving concentration and focus for more effective learning and retention. Parents should **monitor student stress levels** and reach out to the school psychologist for advice as needed. The health and wellness of our students is of the utmost importance to us, and so we have worked with our PE department to set aside time during the week for students to maintain a level of activity even if homebound. Parents can partner with the school by **checking in on their child's physical activity** and ensuring that they participate in the activities provided.

Bandwidth

With the potential of multiple devices being used simultaneously in a home, bandwidth could be taxed. It will be helpful if parents monitor the demand on their home bandwidth, such that one user isn't streaming videos or playing video games while another is having a live class session via Zoom (Early Childhood) or GoogleMeet (Elementary).

*Adapted from <https://www.sidwell.edu/>