

Dear parents,

Yet another update: April 7

The Ministry of Education now has rolled out educational kits by grade level and these kits will be sent to you by your child's teacher.

Please keep in mind, again, that this is not mandatory and will not be used for grading but is put in place for students to stay fresh and up to date with the curriculum.

No new material will be offered and you (the parent) are asked to encourage your son/daughter to do some academic work daily (Mon.-Fri)

The National Board for Professional Teaching Standards recommend that daily homeschooling hours **should not** exceed:

**1-2** hours for elementary (15-30 minute blocks)

**2-3** hours for middle school (20-30 minute blocks)

We suggest that between blocks of academic time, students engage in other activities such as games, snacks, free time, active time (see activities posted by the Phys. Ed. department), creative time, etc.

When working on academic activities:

- It may be helpful to include your child in planning a daily routine that includes a balance of academic time, active time and free time.
- Children experience stress too and it is important to remember to have fun.
- When planning for academic activities, consider what time of day your child is most focused.
- If it is possible, set up a consistent workspace for your child that has materials close by, such as pencils and paper.
- The use of a timer (on your phone or microwave) could be helpful to ensure children get breaks during academic activities.
- Praise your child's efforts and encourage their work; knowing it is okay to make mistakes.
- Keep in mind that family time is beneficial and playing games or baking together is also enriching for your child.

If you require any other help do not hesitate to contact your child's teacher or me at:

[etaylor@nfsb.qc.ca](mailto:etaylor@nfsb.qc.ca)

Stay safe, stay well

Eveline Taylor

Principal