



The Centre for  
**LEARNING**  
*@* **HOME**

# START-RIGHT PARENT GUIDE

# TABLE OF CONTENTS

|                                                                       |    |
|-----------------------------------------------------------------------|----|
| <a href="#"><u>Principal's Message, Ms. Clark</u></a>                 | 03 |
| <a href="#"><u>Meet Ms. Polson, Family School Liaison Worker</u></a>  | 04 |
| <a href="#"><u>Start-Right Support Sessions</u></a>                   | 05 |
| <a href="#"><u>Your Role as a Learning Partner</u></a>                | 06 |
| <a href="#"><u>Technology &amp; Tools</u></a>                         | 08 |
| <a href="#"><u>Structure &amp; Accountability</u></a>                 | 10 |
| <a href="#"><u>Active Oversight &amp; Feedback</u></a>                | 13 |
| <a href="#"><u>Productive Struggle</u></a>                            | 15 |
| <a href="#"><u>Supporting Independent Work (When You're Away)</u></a> | 17 |
| <a href="#"><u>Final Thoughts</u></a>                                 | 19 |

# WELCOME

## MESSAGE

Welcome to The Centre for Learning@Home! We're so glad to have you join our learning community. As you and your child begin this exciting journey into online education, you may be wondering how to make the most of this experience. The great news is that with the right support and routines in place, your child can grow into a confident, capable, and resilient online learner.

Your involvement, through structure, encouragement, and consistency, is a key part of that success. That's why we've created this guide: to help you get off to a strong start, avoid common challenges, and support your child in meaningful, practical ways.

Many of our families describe the initial months of learning at home as a 'steep learning curve' or sometimes as 'a rollercoaster ride'. Whatever difficulties you face, please know that for us 'supporting students' means 'supporting parents too', and we're here to walk alongside you every step of the way.

Blessings on Your Journey,

**Ms. Lana Clark**

Principal



# MEET MS. POLSON

## FAMILY SCHOOL LIAISON WORKER

Driven by a deep commitment to student wellness, mental health, and family support, my work centers on helping families navigate the transition to learning at home. Personal and professional experience in both traditional and online education has shaped a strong understanding of the unique challenges, and opportunities, that come with this shift. My goal is to offer steady support, practical tools, and compassionate guidance.

This guide is designed to help you start strong! Please take a moment to review it and reflect on the guiding questions to get your systems in place before school begins.

During Orientation Week, I'll be hosting Q&A sessions where you can drop in for support or just to ask those "Is this normal?" questions. Beginning in September, these sessions will feature short, themed presentations followed by Q&A time.

Always remember that you're not alone in this. If you find yourself at your wit's end, take a deep breath, grab a coffee, and reach out. We're here to help and hopefully save you from a few grey hairs along the way!

With Warmth & Kindness,

**Alison Polson**

Family School Liaison Worker  
apolson@redeemer.ab.ca



# START RIGHT

## ONLINE SESSIONS

Mark your calendars for the following dates. You're welcome to drop-in to as many sessions as you find helpful. Our goal is to ensure you feel prepared and supported every step of the way.

### Orientation Week

- Tuesday, August 26 @ 1:30pm
- Thursday, August 28 @ 1:30pm
- Friday, August 29 @ 9:30am

### September

- Thursday, September 4 @ 1:30pm
- Friday, September 5 @ 9:00am
- Monday, September 8 @ 1:30pm
- Wednesday, September 10 @ 9:30am
- Tuesday, September 16 @ 9:30am
- Thursday, September 18 @ 1:30pm
- Monday, September 22 @ 9:30am
- Wednesday, September 24 @ 9:30am

**Zoom Room remains open for 60 minutes**

**[Click here to join](#)**



# YOUR ROLE AS A LEARNING PARTNER - AT EVERY AGE

Online learning requires **ongoing parental involvement**, no matter your child's age. Younger students need more hands-on support, while older students thrive with guided independence and **consistent check-ins**.

## Recommendations

- Treat online learning as **seriously** as in-person schooling.
- Be **proactively involved** - don't assume your child is managing on their own.
- For younger students:
  - **Sit with them** during lessons and help them navigate the platform.
  - **Stay nearby** to guide and support learning throughout the day.
- For older students:
  - Encourage independence but **stay aware** of their schedule and workload.
  - Ask to see what they've done – **don't rely on verbal confirmations**.



# YOUR ROLE AS A LEARNING PARTNER: GUIDING QUESTIONS

- How **involved** will I be in my child's daily learning routine, and does it match the level of support they truly need?
- How will I **ensure** my child doesn't fall behind or go unnoticed?
- Can I be **visible** and **available** enough to catch when my child is struggling or avoiding work?
- What **signs of struggle** might I see (e.g. tearfulness, withdrawal, frustration, aggression)?

# TECHNOLOGY & TOOLS

Knowing how to use **Canvas**, our Learning Management System (LMS) gives you the ability to **monitor and support** your child's education effectively. Establishing **policies for screen time and cell phones** during learning time can eliminate a source of conflict during school hours.



## 1 CANVAS

- **Complete orientation** with your child.
- Make the **learning screen visible** so you can confirm they're in class and working.
- Learn to use the platform as **confidently** as your child.

## 2 SCREEN USE

**Set clear expectations** around screen use during school hours.

- Consider a **cell phone policy** during learning time.
- Explore **parental controls** to reduce distractions.
- **Check out:** [Common Sense Media's Guide to Parental Controls](#)

# TECHNOLOGY & TOOLS: GUIDING QUESTIONS

- How will I **ensure** devices are being used **appropriately** for learning?
- Have I **completed orientation** and explored Canvas myself?
- Can I **confidently** navigate Canvas to stay on top of my child's learning?

# STRUCTURE, ACCOUNTABILITY & DAILY PRACTICE

---

Success in online learning is built on **structure**, **consistent routines**, **accountability**, and **daily practice**, all of which require **parental guidance**.

## Recommendations

- Set **clear school hours** and stick to them.
- Create a **calm, dedicated learning space** where **screens are visible**.
- Set expectations for **siblings** and household members to **minimize distractions**.
- Implement a **system** to stay **organized**:
  - **Regular Canvas check-ins** (grades, messages, announcements).
  - A **planning time** each week (e.g., Friday afternoon).
  - Use folders, binders, or digital tools to **keep materials accessible**.



# STRUCTURE, ACCOUNTABILITY & DAILY PRACTICE CONT'D

---

## Recommendations

- Support **time management** by helping your child schedule tasks and breaks:
  - Use **visual schedules, calendars, or planners**.
  - Include **brain breaks, meals, movement, socialization** and a **consistent bedtime**.
  - Create **routines for transitions** (e.g., morning start-up, subject switch, end of school day)

📌 **Daily work matters - even when it isn't graded. Practice builds competence, and competence builds confidence.**



# STRUCTURE, ACCOUNTABILITY & DAILY PRACTICE: GUIDING QUESTIONS

- What **routines** and **expectations** will be in place *from day one* to support **consistent, focused learning**?
- How will I **stay informed** and follow up on missing or incomplete work?



# ACTIVE OVERSIGHT & FEEDBACK

**Consistent parental oversight builds accountability.** Many students will avoid tasks if not regularly monitored.

## Recommendations

- **Talk** with your child **daily** about their learning.
  - "Can you walk me through what you worked on today and show me something you're proud of?"
  - "Are there any assignments or lessons you're finding confusing or falling behind on?"
  - "How are you feeling about your workload this week? Too much, too little, or just right?"
  - "What's one thing you learned today that you think I might not know?"



# ACTIVE OVERSIGHT & FEEDBACK CONT'D

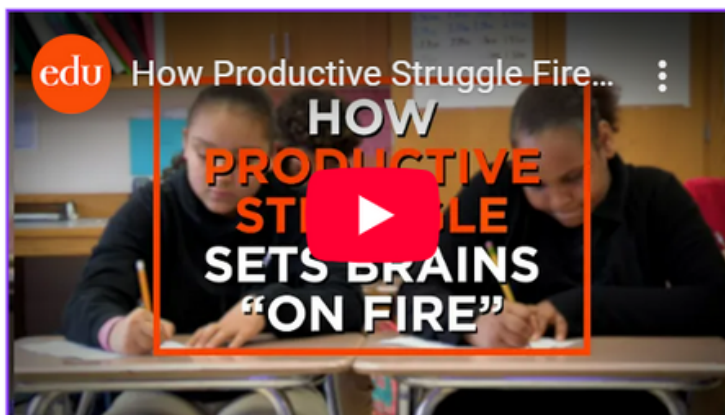
## Recommendations

- Check task completion **visually**, not just verbally.
- **Celebrate effort** and follow-through.
- If work is **missing**:
  - Identify the barrier (e.g. lack of knowledge, confusion about instructions, lack of time, etc).
  - Problem-solve **together**.
  - **Reinforce the expectation** that the work must be completed.
- Allow **productive struggle** (see next page) but not overwhelming frustration.

# PRODUCTIVE STRUGGLE

Productive struggle is when your child grapples with a challenging task just enough to **stretch their thinking** and **build new skills**, but without becoming overwhelmed. It's a **natural** and **necessary** part of learning. Instead of jumping in to “rescue” your child the moment they get stuck, try **guiding them with questions** or encouraging them to **try a different approach**. This builds **confidence**, **independence**, and **resilience**; skills that matter just as much as getting the right answer.

Check out these videos to learn more:



# ACTIVE OVERSIGHT & FEEDBACK: GUIDING QUESTIONS

- How will I **regularly ask** about my child's learning in a way that builds **accountability** and **curiosity**?
- **What's my plan** if my child stops submitting or **falls behind**?
- When my child gets frustrated with a **challenging** task, how will I **respond** in a way that **encourages perseverance** rather than stepping in to solve it for them?

# SUPPORTING INDEPENDENT WORK (WHEN YOU'RE AWAY)

---

When children are **home alone** during school hours, **structure and follow-up** are more important than ever.



## Recommendations

- **Before leaving:**
  - **Review** the day's expectations and tasks together.
  - Help your child **set up their space and materials**.
- **After returning:**
  - **Visually check** what was completed.
  - **Ask** about what they learned.
  - Reinforce that **you're aware and involved**, even from a distance.

# SUPPORTING INDEPENDENT WORK: GUIDING QUESTIONS

- How can I help my child **stay on track** when I'm not physically present?
- What **systems** and **check-ins** will keep me **connected** to my child's progress?

# FINAL THOUGHTS

---

As you support your child through online learning, one common challenge is **resisting the urge** to correct their work before it's submitted. While it's natural to want your child to succeed, it's even more important that *teachers are able to see what your child truly understands and where they might be struggling.*

Allowing **space for mistakes** gives teachers the **accurate insight** they need to support your child's growth. It also helps maintain **clear boundaries** between your role as a supportive at-home learning partner and the teacher's role in assessment and instruction.

Encouraging your child to **reflect and learn from their mistakes** after receiving feedback promotes *real learning, reduces perfectionism, and builds long-term confidence.*

**Your presence matters. Your support is essential. Your calmness is contagious.**

*Together, these qualities will help your child thrive in their online learning journey.*



# YOUR JOURNEY HAS BEGUN

Let's Grow Together