



# *Bristol Township School District*

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September 4, 2020

Dear Bristol Township School District Parent/Guardian,

As we prepare to embark on this new endeavor of virtual learning on September 8, Bristol Township School District staff recognize the impact this has on our parents and students. As excited as we are in exploring new ways to educate students, we are equally as anxious in embarking on this journey with you. In anticipation of your concerns with at home virtual learning, we recommend the following suggestions:

1. Create a learning space for your child that is unique to them. Take into consideration their learning preferences for having a quiet space that is well organized or an environment that allows for movement while learning. Have materials that are easily accessible. For additional suggestions please read, "[How to Create a Learning Space for your Child.](#)"
2. Help your child build a schedule. Sit with your child to review their school schedule and discuss what they are responsible for. Discuss how he or she will accomplish the requirements and take into consideration any other commitments that he or she may have. Help them to write out the schedule and post it in a visible place where they can reference it. Depending on your child, you will want to determine if this needs to be done daily or weekly.
3. Establish consistent routines. When discussing your schedule, make certain to establish consistent routines for starting his or her day, times for breaks and exercise, times for leisure activities, meals, and bedtime. Doing so will make things more predictable and help to reduce stress.
4. Work to manage stress for your child and yourself.
  - Stress is a natural part of any change but it does not need to be counterproductive. Share with your child a time that you experienced stress in your career and how you overcame it and benefitted from the experience. Speak frankly and let them know that there will be times during this transition to virtual learning that he or she may experience stress and discuss strategies as to how they might overcome that stressful moment just as you did in your career.
  - Next, build relationships with your child's teachers. Just like you, they are going through a new experience. Sharing your child's concerns as well as their successes will help the teacher to develop strategies to support your child and to recognize what virtual learning strategies provide the greatest results.
  - Take time to familiarize yourself with the new learning platforms that your child will be using. Have him or her sit with you as you explore how to use Seesaw, Canvas, and/or Google Meets. These links are provided to help you begin this period of exploration and more resources can be explored on the [Online Learning](#) section of the District website.

#### **Elementary: Seesaw**

- [Intro to Seesaw \(for parents\)](#)

- [How-to for students](#)
- [Getting Started on Seesaw](#)

**Secondary: Canvas**

- [Canvas \(for parents\)](#)

**Google Meets:**

- [Guide to Google Meets \(for parents and students\)](#)
- Finally, practice self-care and model it for your children. Let them know when you are feeling stressed and need to employ a strategy (take a break, deep breathing, exercise, meditate, etc.) to help get yourself back into the right frame of mind. Then help them to recognize and practice those strategies that will help them to do the same. You may want to explore [YouTube Learning](#) for strategies to assist you in this area.

As the first day of virtual learning approaches, we hope these resources will provide you with some comfort, and are looking forward to remotely learning and interacting with all our students.

Sincerely,



Dr. Melanie Gehrens  
Superintendent of Schools  
Bristol Township School District