THE **Expectations** PROJECT

COVID-19

TOOLKIT for

GUARDIANS

RESOURCES FOR PARENTS & STUDENTS

THE EXPECTATIONS PROJECT

COVID-19 TOOLKIT FOR GUARDIANS

During this uncertain time of COVID-19, a student's education should not fall behind. There are additional barriers to learning, especially as school districts are implementing their own reopening plans. The Expectations Project (TEP) created this guide to help parents navigate the various components of school openings amidst constantly changing issues.

The COVID-19 pandemic has put a spotlight on the digital, social, educational, and racial inequity in the United States. Parents and guardians are having to balance childcare, their child's education, and keeping a job. Social distancing and working from home is a privilege that many do not have. Now is not the time for students to get behind in education and widen the achievement gap. New research has shown that forty-two million Americans lack access to broadband internet (Aschoff 2020). Yet, to reduce the spread of the virus, guardians are asked to oversee their child's education virtually, and many lack the tools and resources to do so. Many internet providers have come together to ensure customers have access to broadband networks. The last link under the "Digital Resource for Online Learning" will look up all providers in your neighborhood so you can compare prices and promotions. Though there is a clear technology divide, this guide will help you get started by providing tools to support your student.
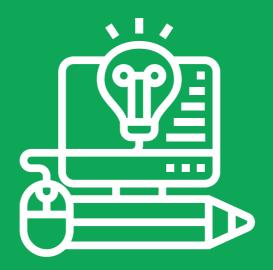
There is also a divide within the workforce. According to the Bureau of Labor Statistics, only an estimated twenty-nine percent of working individuals have been able to work from home during the pandemic. Ninety percent of workers in higher-wage brackets received paid sick leave whereas thirty-one percent of those in the lowest salary bracket were allowed paid sick leave. Black and Hispanic workers have been hit the hardest, as many have had to continue working outside of the home with little health security or childcare support (Dunmore 2020).

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Many organizations have seen this divide, and worked to provide resources to guardians with school-aged children. This is one of the most difficult and challenging times for school leaders, educators, parents, and students. Parents are balancing more than ever before and students are being asked to navigate a new way to learn. Yet, technology has opened doors for different layers of support. States and organizations are providing resources to support the needs of parents and students. In this toolkit you will find some resources for digital learning, differentiated support for students with various needs, and mental health resources. This is not an exhaustive list, but will help get parents started on the basics.

DIGITAL RESOURCES FOR ONLINE LEARNING

1. DIGITAL RESOURCES FOR ONLINE LEARNING

Districts are choosing various Learning Management Systems (LMS) for students to engage in online learning, and every LMS has different features. Here, you will find information on the most common LMS that schools are using and resources on how to navigate them.

Microsoft Teams:

- Parent guide for basic information on your student using Teams: ***Click here >>***
- One page parent guide for Teams with links: ***Click here >>***
- Student guide with information on how to get started on Teams: ***Click here >>***
- VIDEO: Introduction for students using Teams: ***Click here >>***

Schoology:

- VIDEO: Quick start for Schoology: ***Click here >>***
- A getting started guide for students with links and step-by-step instructions: ***Click here >>***

Google Classroom:

- Google Classroom general help center for information and how-to guides: ***Click here >>***
- Student Support Center Google Classroom: ***Click here >>***
- Parent/ guardian support center for Google Classroom email summaries: ***Click here >>***

Additional Resources:

VIDEO: Tips for parents with students learning from home: ***Click here >>***

Resource to check the broadband services in your area: ***Click here >>***

DIFFERENTIATED SUPPORTS

2. DIFFERENTIATED SUPPORTS

There are many online supports to help students with special needs. There are also specialized supports within each Learning Management System (see *Digital Resources)*. In this section, you'll find links to resources that support students with learning disabilities or impairments, limited English proficiency, and struggling readers. Technology does not have to be a barrier for these students, they can use technology to support their learning.

Resources:

Online tools exist to help support tudents struggling with any of the areas listed above. Some resources can support students in specific areas, such as dyslexia. Here's a list of resources for various student needs: *15 assistive technology tools for students with disabilities >>*

Here's an extensive list pulled from state and local authorities with resources for students with special needs. Some of this information includes resources so parents know their student's rights. This way, they can ensure schools are providing adequate supports for students requiring services. There are also resource pages with technology sites and tools that support specific student populations: *National list of resources for students with special needs >>*

MENTAL HEALTH

3. MENTAL HEALTH RESOURCES

Even before the COVID-19 pandemic students already had many anxieties and fears. The last months have exacerbated those feelings by adding notions of job loss, schedule changes, race inequities, isolation, and even death. These life events can cause trauma in adolescents even if they experience fear of one of these events occurring. The following sources provide information on mental health and how to talk to your student about their mental health.

Resources:

This article includes common student questions and concern and suggests ways parents can address these concerns: *Click here for guardian supporting child's concerns and fears >>*

Numerous events this year, including the pandemic, have disproportionally affected students of color. The following document explains the current state of mental health specifically with Black, Indigenous, and non-Black people of color. It also has recommendations to advocate for these particular students. *Click here for article from Center for American Progress >>*

The Centers for Disease Control (CDC) and Prevention have a resource page with suggestions about supporting children during COVID-19: *Access CDC Resource page >>*

The following is a resource from the CDC on ways to cope during COVID-19 for teens: *Access CDC Resource for Teens >>*

The National Child Traumatic Stress Network has a guide on how to start conversations with children about COVID-19, practice self-care, correct misinformation, and how to answer questions: *Access the National Traumatic Stress Network Guide >>*

Sources:

Aschoff, Nicole. 2020. "Coronavirus Has Exposed America's Digital Divide." Jacobin, 2020. https://www.jacobinmag.com/2020/03/coronavirus-digital-classrooms-cambridge-schools-internet- broadband-access .

Dunmore, Royce. 2020. "How Coronavirus Affects Black People: Civil Rights Groups Call Out Racial Health Disparities." Newsone, March 13. https://newsone.com/3911611/coronavirus-affects-black-people-civil-rights-groups-racial-health-di sparities/ .