

PARENTAL GUIDANCE FOR

ONLINE LEARNING

The Principal ; Teachers and the Board of Governors wish you Ramadhaan Mubarak . We are grateful that you have allowed our children to access the learning materials on our website www.hartleyprimary.co.za. Many schools across the country have gone remote, and while students attending college might be used to online learning, how is a primary school learner to deal with logging in to their online classroom each day ?

Of course, the burden of educating learners falls first on teachers to create online classrooms, lessons, and activities. But to complete those activities, parental guidance will be necessary. While this is a stressful time, it's important to [plan and not panic](#).

Here is advice for navigating this new frontier of online education with your children.

Ten tips for parents whose children are now learning at home because of Coronavirus Pandemic .

1. Limit distraction

A "digital quarantine" might be necessary to keep your child's attention focused on their schoolwork. You should limit their use of their devices, other than what is needed to complete their work, until their schoolwork is done. If you choose, you can allow your child to play on a device during a designated break, but make them aware that they only have a limited amount of time until they need to get back to work.

2. Make space for learning

Many adults have a specific area of the home in which they do work, and it's important that you create a similar space for your child. Your children will achieve their best work in a quiet, comfortable, and dedicated space that is strictly devoted to learning. This space should be a different set-up than where they normally play games or watch television.

3. Maintain breaks such as snack time and recess

Routines and schedules are extremely important for children at school, and this is no different in their at-home school. Children will function best if they maintain their routine as close to normal as possible. Setting alarms similar to those they would encounter at school can be helpful for keeping them on a schedule. Around lunch time, encourage them to get up, get some fresh air, go for a walk around the house or have a snack so that they are not sedentary for the entire day.

4. Allow them to interact with friends via a phone call.

Your children are used to lots of social contact at school, so they will definitely feel the effects of being distanced from them even after a few days. While it might not be safe for your kids to see their friends in person, you should allow them to interact with them online, beyond social media or text messaging. Video chats are often the closest thing to seeing someone in person, and are a great way to get in social time without endangering yourself or others.

5. **Mix screen time with old school learning mediums**

Overuse of screen time can have adverse impacts on young brains, so it's important to mix it up during a time like this. It's likely that your children will want to continue to use a screen of some sort during their breaks from doing work, so it's important to limit screen time by mixing in old school mediums as well. Hopefully learners may have their blue books or textbooks at home that they are able to work from. If not, print out anything you can for your child. As much as possible, parents should encourage print and book reading.

6. **Keep in touch with other parents**

[Social distancing is important](#) during this time, but staying in touch with others via virtual communication is very important. Each parent that has a child home is going to be going through a new experience. Check in with other parents to see what they've found effective, and ask if they need help as well.

7. **Don't underestimate the power of a schedule**

If you and your children are all doing work from your home, it's likely that this is the first time that has ever happened. A schedule, for your work and your child's work, is extremely important. To start, experts recommend keeping them on the same or similar [sleeping schedule](#) that they have when they are going into school. Having a clear vision of what is expected of your child will help them see that just because they are home does not mean they don't have work to do. Experts recommend helping them prioritize and learn to create goals, tasks, and deadlines, just like adults do when they go to work.

8. **Don't let your children treat this as a vacation**

This time at home might feel like a vacation for your child, but it's important to remind them that their education still comes first.

9. **Remember to schedule time for fun**

While this is most certainly not a vacation, it's important to have some fun with your children while they are at home. It's rare that you have this much time with your children, so use it as an opportunity to bond.

10. **Supervision of online learning**

Supervision of online learning is important . Learning material posted on our website comes in two formats. You would find a video link; worksheet and a Memo or Notes on a given topic; a worksheet and a Memo . Once the child has completed the worksheet; make the Memo available so that the child can check their answers. It will also be a good idea for you to check the child's answers by using the Memo.

Ensure that your device has some sort of internet security / anti-virus . The presence of viruses / spyware/ malware etc may automatically direct your child to inappropriate sites. If you feel that any of the YouTube video's has music or inappropriate content ; please do not use. Rather source the content from another learning platform.

11. **Increase our Spirituality**

In every adversity ; there is an opportunity . The Lockdown presents us an ideal opportunity to strengthen our link with our Creator. Whilst the preventative measures we as a nation have undertaken is important ; we must remember that the removal of this pandemic depends on our link to the One Above. . Engaging in prayer and performing good deeds are some of the ways in which we can connect to the Creator. We have attached some Simple Daily Guidelines which we can

engage in during this blessed month of Ramadhaan. We humbly request that you remember the school ; parents and teachers in your dua's and supplications.

Simple Daily Guidelines and Tips for Ramaḍān

Many brothers and sisters have requested a daily program they could use as a guideline for the month of Ramaḍān:

Tahajjud Salaah	<ul style="list-style-type: none"> Any amount of Rak'aats one is able to perform Engage in Dua' Sehri
Fajr Salaah	<ul style="list-style-type: none"> Recite Morning Masnoon Dua'as, Tasbeehaat, Yaseen Shareef Perform Ishraaq Salaah- 2 or 4 Rak'ats Rest
Around 10:30am	<ul style="list-style-type: none"> Perform Chasht/ Salaatut-Duhaa- 2 or 4 Rak'ats, or more. Recitation of Qur'an (individual Ramadhaan Khatam)
Zuhr Salaah	<ul style="list-style-type: none"> Ta'leem (of Fadhaa'il-e-Ramadhaan) Live streaming of Qur'an Juz-a-day. (for those wishing to follow) Rest
Asr Salaah	<ul style="list-style-type: none"> Durood and Salaam Engage in fervant Du'aa before Maghrib
Maghrib Salaah	<ul style="list-style-type: none"> Nafil... Awaabeen Surah Waaqi'ah
Esha Salaah	<ul style="list-style-type: none"> Taraweeh Surah Mulk & Sajdah Masnoon Du'aas before sleeping

Note: One should endeavour to keep in mind the following:

- After every salaah:
 - Tasbeeh fatimi i.e. 33 × Subhanallah, 33 × Alhamdulillah and 34 × Allahu Akbar
 - Aayatul kursi once.
- Azkaar and Tasbeehaat preferably any time in the morning or during the day. See poster for recommended daily Azkaar and Tasbeehaat .
- It is imperative to refrain from ALL SINS. We should exercise complete control of our tongues and not engage in any Gheebah or backbiting.
- Minimize the use of our cell phones, otherwise we will be engaged in futile chats and waste the precious moments of Ramaḍān.
- Keep a clean heart. This will be achieved if we remain more in seclusion (quite easy during the lockdown) and not engage in listening to, or reading or discussing any material that will cause us to blacken our hearts with malice, anger, jealousy .etc.
- Be extra generous towards the needy and poor.
- Priority should be given to the Qur'an. Spend maximum time with the recitation of the Qur'an.
- Try and increase our durood especially on a Friday... Also recitation of Surah kahf on a Friday.
- Read authentic literature – eg. Hayaatul muslimeen, Hayaatus Sahaba, How the pious spent Ramadaan, Fadhaail Sadaqaat, Seerah kitaabs .etc
- Engage in dua whilst fasting, especially before iftaar when duas are accepted... Remember the ummah in your duas. Mothers and sisters can even engage in, or complete their Tasbeehaat, whilst in the kitchen.
- Listen to beneficial Deeni advices /talks /programs. Many will be live streamed or recordings will be posted.
- Request special dua for this insignificant and sinful servant.

-Moulana Naeem Motala