

VELS VIDYASHRAM SENIOR SECONDARY SCHOOL



Greetings from Velsvidyashram School!

Welcome back to the Academic Year 2020-2021. We are very excited to learn and grow together this year. We request all the parents to support us by following the Do's and Don'ts while your child attends the online teaching platform Google Classroom.

Do's and Don'ts by parents in Google Classroom

Do's:

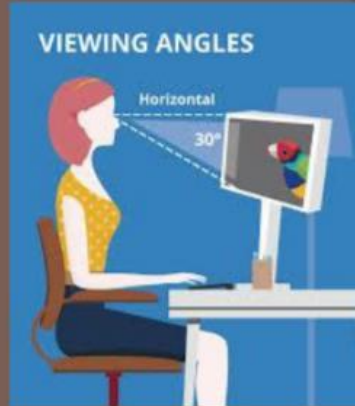
Requesting the parents to ensure that your son/daughter is –

1. Participating in the respective classroom sessions by checking on them at regular intervals during the class to the extent possible.
2. Joining the class regularly and on time.
3. Attending the class in a place where there is no background noise/disturbances.
4. Switching on the video camera to join the class sessions, if required.
5. Dressed according to the norms of the class.
6. Has adequate water next to him/her and also is equipped with the notebook, textbook and stationery required for every class as per the timetable
7. There is a 30 to 45-minute break between every session, encouraging the child to use this time to use the restroom or have a quick snack instead of moving out during the class.
8. Completing the assessments that have been planned at the end of every lesson within the stipulated time.



Position of device and posture

- Place laptop etc on a table than in lap
- Screen should be preferably 10 to 30 degrees below eye level , so there is no neck strain
- Distance from screen should be 1 and ½ feet to 2 feet
- Back straight



Conscious blinking

- Constant staring at screen, causes us to blink less frequently, which is natural.
- Make conscious effort to blink frequently
- It refreshes our eyes and our attention.
- Normal blink rate- 12 to 15 times a minute .





' 5 times' the poem

Stretch yourself 5 times .
Roll your head 5 times.
Roll your wrists 5 times.
Look outside the window ,
and count 5 objects you see.
Drink sips of water 5 times.
5 times you jump like little
Jack.
And teacher is here , we
gotta run back.



Wear spectacles

- If your child is using spectacles, make him wear them
- 'Anti-reflective 'coating helps cut off the blue light from LED devices
- For older children who use contact lenses , remember using specs while studying at home is wiser





Brightness settings

- Adjust it for your child before the session
- Too bright – unwanted glare
- Too dim – child has to peer , unwanted eye strain
- Apps like ‘ flux ‘ may be of use.

Healthy diet

- Mangoes, papaya, carrots- vitamin A
- Broccoli – antioxidants, carotenoids
- Dry fruits like almonds , walnuts , pistachios - Vitamin C and E
- Spinach – antioxidants
- Egg yolk –antioxidants
- Fish – omega -3 FAs



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Here are some things you can do:



Dialogue with your children and discuss their weekly learning schedule and assigned tasks



Set weekly goals with your children, encourage them and celebrate their accomplishments



Establish a supportive learning environment at home and peer-to-peer support among siblings



Invite your children to share their ideas, challenge them by asking questions and respond to their proposals



As they study, engage your children by participating in their learning and encouraging their creativity



Engage your children in topics they are interested in to customize their learning



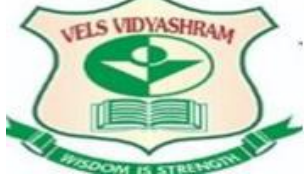
Allow breaks during learning hours and ensure time for



Address their learning challenges, support them in building on



Cater for their social and emotional needs



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Don'ts

Requesting the parents to ensure that your son/daughter does not –

1. Use any profane language during the sessions while answering a question verbally or chatting through the chat box present in Google Meet.
2. Interrupt or disrupt the class in any way, failing which his/her mail id may be deactivated.