

Roxana High School Resources for Supporting At-Home Teaching/Learning



Dear Roxana Families,

We recognize that having your student(s) at home during this unprecedented time can present challenges in many aspects of your lives. This document is an effort to support you in your effort to provide learning guidance with your student(s) during the closure. In addition to what is being sent home through classrooms (assignments and devices), the following list provides many resources to direct learning at home.

We understand that, while many parents will be home during the closure, many others will not and it is important to have a plan in place to continue student learning to the best of our ability. Besides the resources found in this document, here are some basic recommendations:

- Allot specific times and locations in the home during the day to do academic work. While times will certainly vary, a good starting point is 50-75% of the instructional time in a normal school day. For most 9-12 students, this would be approximately 3.5-4.5 hours.
- Create a daily schedule with your student (academic time, physical activity, board games or other family activities, daily chores or responsibilities around the house).
- Establish rules and expectations for academic time (a quiet place, limitations on music, screen time etc.)
- Schedule frequent breaks.
- If you are working, check in with your child frequently during the day.
- Contact your student's teacher(s) with any questions using the preferred application communicated or by email or phone (All phone messages will be forwarded as emails to your student's teacher).
- Review work and accomplishments at the end of the day.
- When in doubt, READ!

While nothing replaces face-to-face learning with a teacher in school, we hope that this guidance assists you in supporting your student's learning. We are here to help. Please let us know if you have any questions.

** This letter and the resources contained within are also posted on the district home page*

Roxana High School Resources for Supporting At-Home Teaching/Learning



Academic Resources for Supporting At-Home E-Teaching/Learning

<https://www.isbe.net/keeplearning>

- Resources in All Content Areas

<https://collegereadiness.collegeboard.org/sat/practice>

- FREE SAT Practice Resources
- SAT Practice w/ Goals
- SAT Study Group Option

<https://www.khanacademy.org/>

- Math
- Science
- Humanities
- Test Prep

<http://www.illinoisliteracyinaction.org/content-area-home.html>

Content Area Literacy Guidance

- History/Social Science
- Science/Technical Subjects

<http://www.ilclassroomsinaction.org/uploads/2/6/0/8/26089560/selhandout2016.pdf>

- Technical Supports for Teaching SEL Standards

<http://www.illinoisliteracyinaction.org/ninth-tenth-home.html>

9th-10th Grade ELA Supports

- Reading/Writing
- Language & Speaking/Listening
- SAT Literacy Assessment Resources

<http://www.illinoisliteracyinaction.org/11th-12th-home.html>

11th-12th ELA Supports

- Reading/Writing
- Language & Speaking/Listening
- SAT Literacy Assessment Resources

<https://newsela.com/>

Articles and Assessments by lexile level

- ELA
- Social Science
- Science
- SEL

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<https://www.nationalgeographic.org/education/classroom-resources/>

- Classroom Resources

[NY Times](#)

“Learning Network” brings the world into your classroom

[Field Museum](#)

- Learning Resources for Science and Anthropology

<https://www.cteonline.org/>

- CTE Online Resources

<https://www.youtube.com/channel/UCdxpofrl-dO6oYfsqHDHphw>

- Video supports for a variety of subjects and projects

[YouTube for Teachers](#)

- Resources for Independent Study, etc.

[Teaching Channel Videos](#)

- Inspirational Teaching Videos

[TedEd Videos](#)

- Spark and Celebrate Ideas

[Lesson Planet](#)

- A “bank” of units/ lesson plans/ activities in a variety of subjects

[200 FREE Resources for Supporting E-Learning](#)

- “Open Culture” Site includes a WIDE range of ideas and sites

[Keeping Students Engaged in E-Learning](#)

- Ten Ways to Overcome Barriers...

[Free Online Resources \(K-12\)](#)

- 60+ Resources

Roxana High School Resources for Supporting At-Home Teaching/Learning



Social Emotional Resources for Supporting Students At-Home

Social Emotional E-Learning

- Suite 360 - Weekly lessons
 - Login: <https://clever.com/>
 - Login as a student, enter Roxana Senior High School, sign in with Google, click on the Suite 360 icon
- Mindfulness for Teens Home - Mindfulness for Teens
 - Mindfulnessforteens.com
 - Mindfulness Video: Under Pressure
 - <https://www.youtube.com/watch?v=hKnRKy5Wu7c>
- Workbook
 - “Mindfulness for Teen Worry: quick & easy strategies to let go of anxiety, worry, and stress”, Jeffrey Bernstein, Phd
 - <https://timetothrivetherapy.com/wp-content/uploads/2018/01/Mindfulness-for-Teen-Worry.pdf>
- Resource
 - For Teens: Depression and BiPolar Support Alliance
 - <https://www.dbsalliance.org/support/for-friends-family/for-teens/>