

Dear DSKL-students,

We would like to give and offer you some helping guidelines so that your e-learning will turn out successful for you personally.

E-learning and lessons at school are, in essence, one and the same thing.

If you keep that in mind it is easy to understand why you should, for your own sake, behave the same way during online lessons as you would during a lesson in school.

And this is how it works:

PREPARATION

- I put on appropriate clothes.
- I am at a quiet place to myself, where I won't be disturbed during the lessons.
- I work at a desk.
- There is bright light in my room.
- The school's iPad is fully charged.
- I adjust the iPad's camera so that my whole face will be seen during the meet.

IM MEET

- I am on time.
- My mobile and other PCs in my room are switched off.
- At the beginning of the meet I switch my camera on.
- My camera stays switched on during the whole of the meet.
- During the meet I only use those applications assigned to me by my teacher.
- I follow the lesson.

...afterwards?

- ...I have a break and
- ...get moving a bit!

Dear parents,

these always-changing times are challenging for all of our school's community. That includes, especially, online learning from home. For successful e-learning lessons we teachers at DSKL rely on your support. Our common goal is to strengthen your children in these trying times and prepare them as best as we can for their return back to real-life school. Together we will make it.

We would like to provide you with these five guidelines that we consider essential for successful e-learning from home.

1. Establish regular daily routines .

- Recurring daily patterns are important in rocky times:
 - o set bed times
 - o regular meals
 - o daily phases for play and recreation

2. Establish an environment in which your child can fully focus on the lessons.

- a set workspace, set apart from other areas of daily life, if possible
- limit possibilities for distraction (toys, pets, mobiles, etc.)
- drink enough (less water intake reduces concentration and performance)

3. Make sure your child gets enough sunlight at the workspace. From the front it's even better.

- Your body produces more Melatonin (a sleep hormone) in dark rooms.
- In contrast, if exposed to sunlight, your body releases Vitamin D which benefits your immune system and is regarded as the "make-happy-vitamin".

4. All exercises are designed for your child, and her or him alone should solve them. Please, only help your child with exercises when it is really necessary.

- All tasks at school are to support and challenge children.
- If your child solves a problem or fulfills a task, we at school assume that he or she can use and apply that acquired skill at school or in an exam - when your child has to do it on his or her own, of course.

5. It is perfectly fine, if your child doesn't understand something. That's what school is for. Your child should always tell the teacher, so we can react accordingly.

- Questions from children are feedback, and they help us to improve our future lessons.