



**Division of Education, Innovation and Energy
Student Support Service Unit**

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COVID-19 & TRANSITIONING TO ONLINE LEARNING



TRANSITIONING TIPS:

- Don't be hard on yourself – this is new to everyone.
- Reach out to the teacher if there is a problem – keep in mind that this is new to them as well.
- Give your child/children time to adjust to this new way of learning.
- Set routines – wake your child/children up early and have them get ready like it is a regular school day.

TRANSITIONING TIPS:

- Find a comfortable, noise free space for your child/children to attend online learning sessions.
- Ensure that the device your child/children is using for online learning is fully charged before each session.
- Ensure that your child/children still have some type of physical activity each day, as well as a scheduled lunch time and recess.
- Allow your child/children to maintain some of their school friendships, as socializing is an integral part of their school experience.