



North Metro Flex Academy • 2350 Helen Street • North St. Paul, MN 55109 • (612) 900-4435







September 11, 2020

Please note time changes

Dear NMFA Families,

Your child/children have been scheduled to attend school using the **Distance Learning Model**.

Here is a diagram of your child/children’s weekly schedule:

	<p>MONDAY</p> <p>Distance Learning 9:30-4:30</p>	<p>TUESDAY</p> <p>Distance Learning 9:30-4:30</p>	<p>WEDNESDAY</p> <p>All School Distance Learning 9:30-4:30</p>	<p>THURSDAY</p> <p>Distance Learning 9:3-4:30</p>	<p>FRIDAY</p> <p>Distance Learning 9:30-4:30</p>
<p>GROUP C 100% DISTANCE LEARNING</p>					

- Daily schedules will be send out by teachers

Distance Learning Tips:

<p>Establish Routines and Expectations for Learning at Home</p>	<ul style="list-style-type: none"> • Establish routines, expectations, and a schedule. Remember it will take some time to adjust - be patient with one another. • Balance screen time and non-screen time activities. • Minimize distractions if possible. • Remain mindful of your student’s well-being. Establish times for quiet and reflection. • Keep organized by reviewing with your child grade level assignment calendars and virtual learning platforms for updates and assignment due dates. • Write down a schedule for each child (or if appropriate, have your child create a schedule) with built-in breaks for snacks, outdoor movement/ exercise, rest, and play. • Check off items as completed -- younger children love the sense of accomplishment and might also be motivated by short goals. • Maintain regular sleep routines and wake times. • One challenge for families with multiple children will be how to manage all of their children’s needs. There may be times when siblings need to work in different rooms to avoid distractions. Headphones can be a great tool to help learners focus and avoid distractions. • Depending on the devices available in your home you may need to stagger the online work time for each child.
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