

*From the Headmistress's (Primary School) Desk.....*

## **ONLINE CLASSES - A NEW NORMAL**

Understanding the nuances of synchronous and asynchronous pattern of digital learning in the current situation.

Covid pandemic has changed the way we taught our students a few months ago. A new normal has taken over the way in which we have to impart knowledge and assess learning outcomes till everything becomes normal again.

CBSE has issued guidelines recommending a combination of synchronous and asynchronous methods of teaching to reduce anxiety and burden of students.

According to the guidelines, made in consultation with CBSE and the National Council for Education, Research and Training (NCERT), children of Classes I to VIII should not be asked to attend more than two sessions of 30-45 minutes on days online classes are held, which is called synchronous study.

The students should be provided video lectures through YouTube or television or any learning management system (LMS) as a part of asynchronous study. Students can be directed to watch the videos and a discussion can be held during online classes.

The school has designed its syllabus and timetable according to the guidelines issued by CBSE and also by keeping the valuable inputs shared by our parents.

However, this new normal has brought along with it many challenges and as cognizant stakeholders in the learning process of students we would like to share some observation and suggestions to overcome the challenges posed by this pandemic.

### **1. Developing and maintaining writing practices of students:**

It has been observed that due to the absence of traditional classroom teaching students are getting out of the habit of writing in notebooks and as a result they might find it difficult to write actual pen paper exams when conducted in future.

We recommend daily two pages of writing practice in notebooks in Hindi and English languages by the students to overcome this problem.

Document your child's work through a photo or a short video and upload in the Google class room in order to stay connected to the child's early learning experience without making it stressful or going for rote learning only.

### **2. Maintaining emotional and physical health**

As the children are now confined to the four walls of the house and the screen, they must be feeling a range of emotions during this time, our roles include providing encouragement and support to them.

Parents may interact with children on a regular basis to know their physical and mental wellbeing. We request you to watch out for signs of anxiety, depression /anger during digital learning. Check if your child is becoming very secretive about his or her online activities. For example, not talking to you, deleting history of the internet browsers or quickly flicking the screen display when he/she sees you.

Also explain and talk about basic hygiene and healthy lifestyle practices for protection during COVID-19 using digital resources shared by the school.

The school has included activities like dance, art, music and sports in its online curriculum to ensure proper balance between mental, emotional and Physical health of students. Parents may also ensure the involvement of their wards in physical activities such as yoga, free hand exercises, etc. during breaks from digital learning.

### 3. **Safety Measures**

It is mandatory for parents of primary wing students to be with their children during the online teaching to ensure their safety and security. It has been observed in recent past that log in ID and password of some students were misused to attend unauthorized classes. You are requested to keep TV/ laptops/ Computers etc in a common area and definitely out of the bedroom area. This will help in restricting usage time and you can easily keep an eye on the child's overall usage of digital devices.

You can create screen-free areas in home, internet safety rules, duration of watching TV, surfing the web, etc. Talk with children regularly to help them understand the importance of responsible use of the internet rather than scolding. Discuss with children about netiquettes like not to post hurtful messages about others, not to post photos, videos and other information without permission of that person online; think before posting one's photos, videos or other data in social media and other places.

You may use parental controls in devices and enable safe search in browsers while children are surfing the web.

### 4. **Balanced Online/Offline Activities**

You are requested to maintain a schedule for sleep, food, time spent on the internet for learning and for socializing. It is recommended that besides reading textbooks during the online classes encourage your child to every day read from extra reading books as well. As a follow up to online class, explore further through activities, experiments, creative expressions etc. being uploaded in google class room.

Hope these suggestions will be useful in responding to the challenges thrown open by the pandemic.

**Best wishes.....**

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