SUPPORTING YOUR TEEN DURING COVID-19 HOME-SCHOOL

1. **DO YOUR RESEARCH**
   Log onto your teen's online learning platforms. Familiarize yourself with their curriculum.

2. **PREPARE A SCHEDULE**
   Support your teen in developing and maintaining a daily schedule. Replicate CVCHS's school schedule for consistency.

3. **EXPECT THE BASICS**
   Every day your teen should shower, dress in school attire, eat balanced meals, sleep 8-10 hours, and do a few chores.

4. **STAY INFORMED**
   Log onto CVCHS's school website every day, stay updated with your e-mail, and reach out to teachers with questions.

CLAYTON VALLEY CHARTER HIGH SCHOOL
DEPARTMENT OF SPECIAL EDUCATION