

# STILLWATER PIONEER VIRTUAL ACADEMY PARENT GUIDE TO SUCCESS

## How can I support my child ?

### Start Here: Set up an Organized workspace

#### SAY THIS



- “Let’s create a workspace to help you focus while you learn online.”
- “How can we organize your workplace to help eliminate distractions?”

#### DO THIS



- Set up a quiet and organized workplace preferably at a desk, table, or chair that signals it is time to work.
- Keep the school-issued Chromebook and charger in a safe and designated area.

#### CHECK THIS



- Is the new workspace helping? Are there still distractions? Where are they placing their phones?
- They can take breaks as needed. Stand and stretch, get a snack,

### Next: Develop Consistent Progress

#### SAY THIS



- “Let’s make a schedule of what you need to do each day and how much time you need to spend.”
- “Make sure to take notes as you work through the lessons to help you remember the material for later.”

#### DO THIS



- Physically create a schedule or to-do list that includes time for each class and appropriate breaks.
- Check the virtual coursework platform weekly and make plans to complete projects and tests.

#### CHECK THIS



- Did your child put in enough time for attendance and to complete their coursework this week?
- Do they need to attend tutoring or schedule more time at SPVA?

### Follow Up: Stay Engaged

#### SAY THIS



- “How are you feeling about school?” “What can I do to support you?”
- “Have you checked in with your teachers for help?”

#### DO THIS



- Complete the orientation and regularly check emails (both parents and the student).
- Facilitate opportunities for your child to connect with peers through school activities or field trips.

#### CHECK THIS



- Has your child checked their email this week? When do they plan on attending the SPVA building?
- Is your child showing signs of discouragement? What do they need to support their overall well-being?

SPVA Contacts:  
virtual@stillwaterschools.com  
405.533.6440



Mental Health Support:  
Care Solace