

# Supporting Student Growth at Home

## AN OVERVIEW FOR FAMILIES ON HOW TO MONITOR AND SUPPORT STUDENTS DURING REMOTE LEARNING



### Background

In response to the COVID-19 pandemic and threat of community spread, the “New Mexico Public Education Department (NMPED) closed school buildings and switched to remote learning on March 13, 2020. Throughout the summer months, the NMPED worked closely with the New Mexico Department of Health (DOH), the Medical Advisory Team (MAT), the School Reentry Task Force, and other key stakeholders to plan for gradual reentry to schools in the Fall. While we acknowledge there is no substitute for in-person learning, the NMPED has offered [comprehensive guidance for school leaders and educators](#) on how to make the most of remote and hybrid learning stances.

Recent studies have shown that students may experience between 4–12 months of “learning loss” as a result of school closures and the subsequent remote learning experience. It is important to note that this “loss” is predicted through an analysis and projection of student performance on standardized tests and assessments, which are just one measurement in myriad of data that demonstrate a child’s growth and development. It is worth remembering our children have not stopped learning during this crisis. In addition to academic subjects, they are learning independence, resilience and resourcefulness. They are developing computer skills they will need to succeed in career or college. They are learning new ways to connect and relate to others.

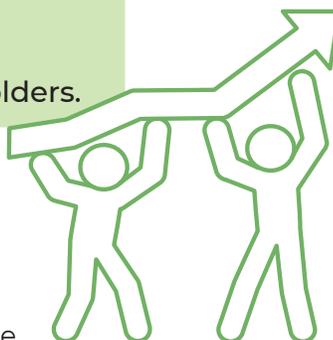
Learning can’t be measured only by time in class, even as we long to return there. Ensuring students are safe and healthy, secure in their identities, and holistically prepared for success in school and beyond remains our North Star.

### Guidance on Acceleration

In preparation for the 2020–2021 School Year, NMPED published [guidance on instructional acceleration](#), explaining that the typical approach of remediation, one that “meets students where they are” by teaching below grade-level standards, would not be an effective approach to catching students up during pandemic learning stances. While not the intent, this approach can sometimes perpetuate a biased belief that some students aren’t capable of doing grade-level work. Our guidance is to:

1. Prioritize grade-level content;
2. Address inequities head-on; and
3. Support and assume the best of all stakeholders.

This means the NMPED expects your child’s classroom teachers to be providing instruction on the current year’s standards while also addressing the individual learning needs of students in the classroom. Specific guidance regarding [mathematics](#) and [literacy](#) is also available.



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# What can I do at home?

It's important to ensure that you and your child have access to all communications and progress monitoring tools provided by your school or district. In addition to regularly checking in on your student's academic progress, the NMPED encourages families to monitor the holistic health and well-being of their children.

Supporting learning at home doesn't just mean signing-off on homework lists and reviewing flash-cards with your student. Some key support strategies include:

- Making sure your child gets a good night's sleep;
- Talking to your children about [coping with COVID-19](#);
- Establishing consistent daily routines with and a dedicated workspace for your student;
- Keeping an open mind ("Together, we can do hard things!");
- Monitoring your child's behavior and demeanor for [signs of stress](#), anxiety, and/or depression;
- Providing creative and COVID-safe opportunities for your child to connect with their peers; and
- Encouraging breaks—whether you're [indoors](#) or heading [outside](#), creating space for play and joy is critical.

And, of course, remember to take good care of yourself! Equip yourself with [information about available resources, counseling services, and more](#), in the event you may need to reach out for support. Remember, you can't fill anyone else's cup if yours is empty!

## Additional Resources

- For more tips about how to talk with your children about COVID-19, [visit the CDC guidance](#).
- Review the NMPED's [Online Learning Success Guide](#) for New Mexico students, grades 6–12, and talk with your child about setting shared expectations and identifying pathways to ask for help, when needed.
- Reach out to our partners at Graduation Alliance to learn more about how [ENGAGE NM](#) can support your child through academic coaching, engagement supports, and more!
- Check out our [Distance Learning Toolkit](#) for specific guidance and information about online learning opportunities, games, virtual field trips, and more!

Together,  
we can do this!

