



Ethnocultural Council of Manitoba-Stronger Together Inc.

Address: MZ60-81 Garry Street,
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Ethnocultural Parents & Students Educational Resources

As the Coronavirus pandemic continues to get more severe around the world, the education systems are also going through changes. Schools have partially relied on remote and online learning by creating online classrooms, lessons, and activities. But parental guidance and participation will be necessary and essential in children's education. Parents can help their children by providing a structure and routine and being a positive force in their education.

The Ethnocultural Council of Manitoba provides this document to support families and students during this situation.

Four Different Learning Plans During the Pandemic - Winnipeg School Division (WSD)

Winnipeg School Division (WSD), defined the 4 different pandemic planning and the responsibilities of school and teachers for each one.

1. Student Absent Home package

- o Short term (up to 14 days)
- o Supported by classroom teacher

2. Virtual School

- o Long term (full school year)
- o Supported by WSD virtual School teacher

3. Temporary Remote Learning

- o Short term (during restricted level (orange) Only)
- o Supported by classroom teacher with parents/guardian support and supervision

4. Homeschooling

- o Long term (full school year)
- o Not supported by division or school
- o Parent directed

General Advice for Parents in Navigating Support for Education of Children at Home

1. A Need for Structure

- With your children together, plan a routine about learning school subjects, play time and reading



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2. Make Space for Learning
 - Children need to have a specific space for learning
 - Children in a quiet, comfortable with proper lighting can study better
 - Study space should be a different set-up from playing games or watching television.
3. Take Your Time with Home Learning Process of Your Child
 - Start with a shorter learning time & progress gradually for a longer session
 - Find out how much your child already knows about the subject
 - Follow their lead
 - Combine learning online time with offline activities or exercises
 - Encourage the child to ask questions and express their feelings
 - Children might have a different reaction to stress, be patient and understanding
 - Invite your child to talk about the issue, and have an open conversation
4. Let Your Child Know How They Can Protect Themselves and Others.
 - Guides and rules for social distancing
 - Discuss good hygiene practices
 - Washing hands and not touching their face
 - How to wear face masks
5. Staying Healthy
 - Stay active by taking walks and playing games at home
 - Eat healthy with a mix of vegetables and fruits
 - Connecting with friends and family through phone (facetime, skype, WhatsApp).
 - Being mindful of other people's needs and situation
6. Protect Children Online
 - Establish rules together about how, when and where the internet could be used
 - Set up parental controls on their devices is necessary, especially for younger children
7. Stay in Touch with Your Children's School
 - Find out the best way to stay in touch with your child's teacher
 - Stay informed, ask questions and work in partnership
 - Reach out to parents and community groups to support each other

Children's Online Safety

With Covid 19 restrictions and social distancing, education relies more on online sources. However, it is essential to protect children online while minimizing the risks and maximizing the Internet's benefits.



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It is necessary to learn and stay updated about the privacy setting and parental controls.

[ProtectKidsOnline](#) | [ProtectKidsOnline.ca](#)

ProtectKidsOnline assists parents/guardians in protecting children on the Internet and reducing their risk of victimization. The site is in English and French. The site offers information on phone apps and data to protect kids online, how parents can support/monitor their kids online, and how to report cyberbullying in Canada.

Content Delivered Guideline for Remote Learning

[Manitoba Education Standards for Remote Learning](#)

Manitoba Education department developed a standard and expectations for remote learning to ensure consistent application across Manitoba's schools. This learning approach will require parent involvement and support.

o ECS – Grade 4

o **Kindergarten:** Students will engage in one to two hours per day of play-based learning.

o **Grades 1-4:** Two and half hours per day

Learning Focus: English, math, and activities include reading, viewing, and responding to pre-recorded videos, and engaging in project-based learning that strengthens the development of reading, writing and numeracy.

Incorporating health through physical activities (with a focus on mental health)

o **Grades 5-8**

Average of three hours per day

Learning Focus: key curricular areas: math, English

Incorporating science, social studies, music, and art and wellness (with a focus on mental health)

o **Grades 9-12**

Average of one hour per course per day

Learning Focus: The whole curriculum to ensure complete credit requirements for high school graduation, including language (English, François, social studies, mathematics, and science (biology, chemistry, physics and science)



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After School Programs

[Pathways to Education](#) | [CEDA](#) | [Community Education Development Association](#)

It delivers directly to students in the community using a combination of academic, financial, social, and one-on-one support.

All students currently enrolled in Grades 8-12 in any of the schools listed here are eligible to enroll in the Pathways program, regardless of their academic performance or economic circumstance. There is no cost to students to join the Pathways to Education Program

Grade 8 partners schools

- Isaac Newton
- St. John's
- Niji Mahkwa
- David Livingstone
- William Whyte

Grades 9-12 partners schools

- Children of the Earth High School
- R.B. Russell High School
- St. John's High School
- Tec Voc High School

Activities:

Homework problem solving
Tutoring
Mentoring

Due to Covid 19 restrictions, the program also offers online services through Facebook messenger chat and other digital paths.

Pathway to Education offers its after-school program in 3 different locations. For how to sign up and the program hours and locations, check the [website](#)

[Elmwood Resource Centre](#) | [Reach Out](#)

Reach Out! is a program of Elmwood Community Resource Centre for youth in Grades 7-12. The program runs from Tuesday to Friday from 4:00 PM – 7:30 PM. After serving a meal at the end of each day, the students will be dropped off at their homes.

Activities

- Homework Club - Developing students' literacy, numeracy and study skills in a safe, supportive environment.
- Life skills tools
- Learning to cook, dealing with stress, learning about money and budgeting.
- Mentorship skills
- Employability training & complete certificates in
- babysitting and CPR/First Aid, all while earning high school credits



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[IRCOM | The Immigrant and Refugee Community Organization of Manitoba Inc.](#)

Currently, IRCOM does not have any in-person program

Dropping off educational packages to the family for children aged 6 - 12

Online Homework Club for youth under 19 or under 21 if still in school

[N.E.E.D.S Inc. Winnipeg](#)

This center is running a remote One on One homework club for Grade 1-12

The club operates Monday - Thursday from 4-8pm and Friday from 4-6pm

It requires registration. For appointments, either phone or email

Kysha (204-940--1247) kysha@needsinc.ca

Resource for Young Children

[YouTube Kids | \[youtubekids.com\]\(http://youtubekids.com\)](#)

YouTube allows parents to create accounts for each kid, and they have control over what and how many videos the kid can watch.

[Netflix Jr. | \[youtube.com/c/NetflixJr/videos\]\(https://youtube.com/c/NetflixJr/videos\)](#)

Netflix Junior offers short videos where kids can learn, sing and play with their favourite cartoon characters.

All Subjects Lessons and Homework Problem Solving

[Khan Academy | \[khanacademy.org\]\(http://khanacademy.org\)](#)

It is one source for students (ages 2-18) that aims to provide a personalized learning experience, mainly built on the videos hosted on [YouTube](#).

The website includes features such as progress tracking and practice exercises.

The material can also be accessed through mobile applications.

You can change the language at the bottom of the page.

[PBS Learning Media](#)

This source provides interactive games, lessons, and engaging media resources sorted from pre-K to Grade 12.

The site integrates with Google Classroom and has an option for assignments to turn in.

[Art of Problem Solving | \[artofproblemsolving.com/school/catalog\]\(http://artofproblemsolving.com/school/catalog\)](#)

The AoPS is an online math community helping and inspiring students with challenging, intriguing problems that require creativity and persistence to solve.



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[Free Math Worksheets](#)

Math worksheets are available on a broad range of topics, including number sense, arithmetic, pre-algebra, geometry, measurement, money concepts, etc. A few interactive math features include the Sudoku and Dots math games and the more severe math flashcards and unit converter.

Reading

Reading is a fundamental skill that will help the child do well at school and later in professional life. Learning to read is complex and does not happen naturally.

Reading involves many different skills that must be taught to the child in various stages. Reading engages children's imaginations and introduces children to things and places they may not have a chance to learn about otherwise.

[KidsRead2Kids | kidsread2kids.com](#)

KidsRead2Kids provides free video audiobooks read by kids for kids - filmed chapter by chapter for easy listening. It helps kids build self-esteem and reading confidence with every chapter.

[Project Gutenberg | gutenber.org](#)

It offers over 53,000 free eBooks in different subjects, such as picture books, fiction, history, school stories, etc. The books could be read online, or they could be downloaded in different formats.

Listening to Audiobooks

Listening to stories read aloud helps build an understanding of narrative structure. It fosters imagination and encourages visualization—skills linked to improved reading comprehension.

- Audiobooks can help reading comprehension in children with dyslexia. Dyslexia is a learning disorder that affects word-level reading accuracy, reading fluency, and spelling.
- Audiobooks also help those with attention deficiencies, such as ADD or ADHD. While listening to Audiobooks, children are free to do other tasks.
- Another benefit of audiobooks is that they help relax the eyes. Most kids spend several hours a day looking at screens, leading to blurred vision, eye strain, and long-term vision problems like nearsightedness.
- Studies have suggested that there's a link between social media use and feelings of loneliness and depression—another reason to put an audiobook on and the phone down



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- Listening to an audiobook before bed allows children's eyes and minds to relax, resulting in a good night of sleep.

[Learning Ally | learningally.org](https://learningally.org)

Learning Ally offers books and textbooks in audio format, and the resources can be accessed for a yearly fee.

[Audible Stories](#)

This collection of stories, including titles across six different languages, helps children and youth continue developing their reading skills, dreaming, learning, and just being.

[Podcasts for Children](#)

This site provides podcasts and audiobooks for elementary, middle school and high school students.

Extra-Curricular - Computer Science - Learning to Code

[Learn to code | freeCodeCamp.org](https://freeCodeCamp.org)

This is a free online learning platform dedicated to expanding computer science and coding access. There is no fee, and it contains hours of practice coding and offers certification after completing each level.

[Hour of Code Activities](#)

This interactive and very accessible site is designed for pre-reader to grade 12 students. It is compatible with different technology devices. Students could choose different lengths of time for lessons on self-learn tutorials or lesson plans type. The topics include science, math, social studies, language arts, art, media, music, and computer science.

You can change the language to other than English.

Parents Educational Resources for Homes Support

[Common Sense Media](#)

This helpful site provides guidance to parents about the digital well-being of children. It rates movies, TV shows, books, games, and apps, so parents can feel safe about the entertainment choices they make for their kids.

It also provides tutorials on how to use YouTube, Zoom, TikTok, and apply parental control on devices.

[My learning at Home | edu.gov.mb.ca](https://edu.gov.mb.ca)



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The government of Manitoba website supports parents in learning at home with a range of online, everyday learning activities and how to stay healthy.

[Winnipeg Public Library Educational Resources | guides.wpl.winnipeg.ca](https://guides.wpl.winnipeg.ca)

The library has excellent resources to support parents with children's education. It also has excellent resources for students' research projects, which can be in the library catalogue or ask library staff.

[ReadWriteThink | readwritethink.org](https://readwritethink.org)

ReadWriteThink provides teachers and parents with reading and language arts instruction practices with free materials.

It offers engaging ways to introduce young children to reading or encourage teenagers to write.

[COVID-19 - 24/7 | Parenting](https://parentingforlifelonghealth.ca)

Parenting for Lifelong Health provides open-access online parenting resources. The website has a mobile app and has different languages.

[About Kids Health](https://aboutkidshealth.ca)

Besides resources on COVID-19 for parents, this site teaches how to support a child's mental health and general wellbeing through physical activity, sleep, nutrition and learning. Also included are videos and audio meditations to help you cope with stressful thoughts and experiences throughout your day.

[Wide Open School | A new way to learn from home](https://wideopenschool.ca)

This site offers tips and resources for distance learning for parents/caregivers and teachers with trusted resources to enrich and support children's education.

Also, students can access free learning activities across subjects, all in one place.

[211 Manitoba](https://211.ca)

It is free, confidential, 24/7 services in over 150 languages that connect individuals to government, health, and social services across the province.

Parents can call 211 to chat with trained professionals to help find and navigate the services they need.

[MANSO | The Manitoba Association of Newcomer Serving Organizations](https://manso.ca)

An umbrella organization for settlement service providers in Manitoba.

It provides many services for families, parenting, youth, care for newcomers, children, etc.



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Successful Initiatives by Other Communities During Pandemic

[Iqra Islamic School](#)

In support of parents towards remote learning, the school provided Tele assistance to parents for technical issues faced while their children learned remotely. Translators were on hand to address language barriers.

The school also hosted weekly teleconferences with EAL students and their parents to check their progress and read the story of the week.

[Nelson McIntyre Collegiate | Virtual Shops Class](#)

The industrial arts teachers at Nelson McIntyre Collegiate focused on profound learning opportunities through a blend of interdisciplinary. They developed a variety of projects that students could safely design and make at home with the tools, equipment, and supplies. These projects required students to step away from the computer and turn their houses into lumber stores and workshops.

Completing the project involved problem-solving, critical thinking, and creativity, and it was accessible to all students.

[Minegoziibe Anishinabe School | Emphasizing Togetherness](#)

At Minegoziibe Anishinabe School, staff maintained daily contact with parents and students through regular Facebook posts, phone calls, and emails. The school regularly delivered printed learning materials and resources for some families without Internet service.

The school encouraged family togetherness, connections with nature, and traditional land-based learning through activities like fishing, duck and goose hunting, and gardening.