



Supporting your child in their transition to working at home

Daily online learning will be assigned for your child to access at home. Learning at home is very different from learning at school and can cause stress for both students and parents. The following is a simple guide to assist structure the home environment, to ensure learning continues in the most effective, efficient and stress free manner.

1. Routine:

An established routine for learning is essential as it can reduce stress, supports habit forming behaviours and assists students develop a positive mind set. Important considerations include:

- develop clear routines and procedures from beginning and not a few days into the learning
- determine an appropriate place for students to work, free of distraction
- determine start and finish times for learning activities
- where provided, aim to follow the learning schedule included in the Virtual Classroom
- where possible align home learning with normal school session and break times

2. Preparation:

Effective planning and preparation assists students prepare for a successful day. Consider the following simple strategies to support a positive learning day:

- ensure your child has had a good nights sleep (part of a positive routine)
- ensure your child has a nutritious and healthy breakfast
- ensure your child has access to healthy snacks for breaks during the day – aim to have snack/lunch prepared in advance, just like a regular school day
- ensure your child has access to a plentiful supply of water
- ensure your child has access to the same quiet work area each day, devoid of distractions and noise - where possible establish a learning space away from your child's normal play and recreation area
- ensure your child has access to a good internet signal
- ensure your child has all the necessary equipment, worksheets and learning device at the commencement of the day

3. Support:

Learning at home requires support and encouragement. Parents and carers are not expected to be a subject matter experts or educators. Your role is to:

- partner with your child's teacher to support your child's home learning
- provide supervision appropriate to your child's stage of development
- monitor communications from teachers
- monitor the "Term 2 Online Learning" news story on the school website
- check in with your child regularly to assist them manage and pace their work
- monitor how much time your child is spending online
- engage with and discuss the content of the "Healthy Minds" lessons

You are encouraged to start and finish each day with a simple check-in as part of your child's learning routine. Check-in questions assist children to process the instructions they get from their teachers and assist them to organise themselves and set priorities.

Simple **morning questions** include:

- What are you learning today?
- What are your learning targets or goals?
- How will you be spending your time?
- What resources do you need? What support do you need?

Simple **afternoon questions** include:

- What did you learn today?
- What was challenging?
- What were three things that went well today?
- Are you ok?
- Do you need to ask your teacher for something?
- Do you need help with something to make tomorrow more successful?

4. Break it down:

Undertaking a day of home learning can be overwhelming, given the range of subjects and activities to complete. To assist students focus and reduce anxiety and stress, it is important to break the day and tasks into achievable chunks of learning. Where provided, students are encouraged to follow the daily schedule provided in their Virtual Classroom.

5. Take a break:

Studies indicate children (and adults) experience difficulty concentrating for longer than around 45 minutes at a time. As such it is important to schedule short breaks where children can access the toilet, stretch their legs, have a drink of water or engage in a quick fun dance. It is preferable to have regular short breaks as opposed to less frequent longer breaks.

6. Don't be afraid to ask for help:

- Your child's teacher will be available within school times via their preferred communication channels
- The discussion board will address most general questions or concerns
- Teachers want to see their students experience success so be sure to ask questions. Keep in mind you are not the only parent supporting home learning - as such be mindful of requesting quick replies or multiple questions over the day
- It is preferable to compile a list of questions throughout the day and check in with your teacher at the end of the day

Remember schooling at home will be different and students will take time to adjust. Remain focused on the positives such as connection with the family, developing a closer learning partnership with your child and teacher and equipping your child with a new set of skills that will be invaluable as they journey through life.

Learning content will be accessible via the Virtual Classrooms between 8:45am Monday until 3:00pm Friday

