

Learning from home in case of school closures

Supporting your child's learning at home

Parent responsibilities during remote learning

Provide support for your children by:

- establishing routines and expectations
- setting aside a space for your child to work in
- monitoring communications from your child's teachers
- beginning and ending each day by asking about your child's learning
- taking an active role in helping your children with their learning
- encouraging physical activity and/or exercise
- remembering that your child might be stressed or worried during this time
- monitoring how much time your child is spending online
- keeping your children social, but setting rules around their social media interactions.

Student responsibilities during remote learning

These responsibilities should be adjusted according to the age of your child:

- establishing and/or following a daily routine for learning
- working in the safe, comfortable, quiet space in their home that has been set aside for them
- regularly monitoring digital platforms and communication to check for announcements and feedback from teachers
- completing tasks honestly and doing their best work
- doing their best to meet timelines, commitments, and due dates
- communicating with their teachers if they cannot meet deadlines or require additional support
- collaborating and supporting classmates in their learning
- complying with the department's [Student use of digital devices and online services](#) policy
- communicating with school staff as different needs arise.



Planning your child's day

Your school should provide your child with a schedule or timetable for their learning. This will include regular breaks for activity, eating and drinking. In the activity breaks it is important that students get up and move around.

If you live in a private house, then it is safe for your child to go outside into the garden, balcony or courtyard.

Wellbeing

Being confined to home for an extended period of time can cause stress and conflict. Tips for looking after your children during isolation include:

- talking to your whole family about the infection – understanding the situation will reduce anxiety
- helping your children to think about how they have coped with difficult situations in the past and reassuring them that they will cope with this situation too
- reminding them that the isolation won't last for long
- exercising regularly - exercise is a proven treatment for stress and depression.
- encouraging your children to keep in touch with family members and friends via telephone, email or social media (where appropriate).

Communicating

Communicating with your child

We encourage you to start and finish each day with a few simple questions about your child's learning to help them structure their day. Not all students thrive in a remote learning environment; some struggle with too much independence or lack of structure and your questions will help keep them on track.

Communicating with the school

Make sure that you know how the school and your child's teachers will be communicating with you and check that channel regularly.

Make sure you know how to contact teachers for learning support and who to contact for technical support if your school chooses to use digital devices as part of their remote learning plan.

This situation will be new for most schools and families. Schools will be trying to engage in a cycle of continuous improvement and refinement based on feedback so they may ask you and your child for feedback on how the system is working.

Most schools already use some kind of platform to communicate with parents and students. These existing platforms should continue to be used whenever possible.

Communicating with teachers

Teachers may have set times where students can chat with them online, deliver video lessons or when digital options are not possible they may have set times for calling your child on the telephone.

It is important for you and your child to remember that teachers will be communicating with many other families, so your communications should be important and short. You may also need to remind your child to be patient when waiting for support or feedback.

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Using technology

It is strongly advised that parents do not purchase software from third-party providers in response to this situation unless specifically advised by the school.

Your school and the department already have a wide range of software and devices available and these have been specifically chosen to provide your child with the support they need.

- Google Apps for Education - Online Google apps. For student access go to: Students portal>Learning>G Suite.
- Office 365 – online Office apps.
- Microsoft Office 365 Desktop Apps – may be installed on up to five computers and ten mobile devices. Select the 'Install Office' link.
- Students can also access additional free Adobe software for their devices from the students' Bring your own device (BYOD) software website.

Accessing digital devices and the internet

The department's policy regarding technology, devices and the Internet is available at the following link.

[Student use of digital devices and online services policy](#)

If your child will be using digital resources as part of their learning and they are unsure of how to do it they should contact their classroom teacher for support.

Managing screen time

There are limits as to the amount of time anyone should spend online, but the amounts and the rules for screen time vary by age.

Videoconferencing and social interactions using video do not count towards screen time.

The following recommended screen times (excluding video conferencing) are based on the recommendations from the American Academy of Pediatrics:

- Ages 2-5: 1 hour, broken into sessions of a maximum of 30 minutes.
- Age 6 and above: no specific screen time limits, but screen time should not affect physical activity and face-to-face interactions at home and school (where possible). It's very important to be consistent with your screen time limits.

Make sure that non-school activities are limited in length.

Managing behaviour

Even though your child is at home they still need to comply with their school's behaviour management policy.

Collaboration, group work and peer feedback during remote learning will require students to communicate online and work together in digital spaces. The expectations of your child and required behaviour will be the same as a face to face lesson.

Telephone Interpreter Service

If you need further information please call your school principal. If you need an interpreter to assist you with your enquiry please call the Telephone Interpreter Service on 131 450 and ask for an interpreter in your language. This service will be free of charge to you

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