

Supporting Your Child's Learning at Home

Planning the Day

The school will provide each student with a 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. There will be no set times for these breaks, however, the work has been spaced across the day similar to that at school.

Wellbeing

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

- Talking to your whole family about the situation so they understand the need to be at home
- 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 forever
- Exercising regularly – exercise is a proven treatment for stress and depression
- Encouraging children to keep in touch with family members and friends via telephone, email or social media (where appropriate)

Click [here](#) for a PDF from Black Dog Institute – Coronavirus: Reassuring your child about the unknown

Communicating with the school

Make sure you know how the school and your child's teacher will be communicating with you and check that channel regularly. Make sure you know how to contact teachers for learning support.

Learning Expectations

Every child and every family situation is different. It is impossible to re-create the school learning experience at home. Students are encouraged to try hard and do their best to complete the work. The work packages provided are there to guide and support your child's learning. The amount of work your child completes and the time of day they complete it will vary. Your child's teacher understands this.

You can support your child/ren by:

- Establishing routines and expectations
- Setting aside a space for your child to work in
- Monitoring communications from your child's teacher
- Beginning and ending the day by asking about your child's learning
- Taking an active role in helping your child 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 screen time your child has
- Keeping your child social, but setting rules around social media interactions