



10 Top Tips for Remote Learner Parents:

- This is a continuation of learning - establish routines and expectations.
- Define the physical space for your son’s study.
- Monitor communications from your son’s teachers.
- Begin and end each day with a check-in.
- Take an active role in helping your son process his learning.
- Establish times for quiet and reflection.
- Encourage physical activity and/or exercise.
- Remain mindful of your son’s stress or worry.
- Monitor how much time your son is spending online.
- Keep your son social, but set rules around his social media interactions.

Remote Learning: Each School Day

- Each period, teachers will take a class roll- every lesson. You will be contacted via phone and/or email if your son has a pattern of non attendance.
- Students must check their Compass Notices at the start of each day.
- In his Student Diary - he must fill in the subjects for that week.
- His daily schedule will follow his normal school timetable but the times are different. Remember we have changed Homeroom to after Period 2 this term.

8.35am - 9.05am	Period 1	<ul style="list-style-type: none"> • Interaction with his class teacher via Zoom • His class teacher will be online in a variety of capacities to instruct, clarify & guide his learning. • <u>The online lesson time is 30min</u> • There is a short break between periods to get himself ready. • Make sure he gets up & moves around during breaks, especially during the longer 30min breaks. • <u>Independent Learning Time</u> - during this time he will be able to; research, finish or submit work, do revision, contact his teachers for assistance, review feedback from his teachers or check-in with his Learning Mentor.
9.15am - 9.45am	Period 2	
9.45am - 10.00am	Mentor Group	
BREAK		
10.30am - 11.00am	Period 3	
11.15am - 11.45am	Period 4	
BREAK		
12.15pm - 12.45am	Period 5	
BREAK		
1.15pm - 3.00pm	Independent Learning Time	

Your Son's Lessons - Delivery of lessons will involve:

- Interaction with his class teacher via Zoom
- All of your son's teachers will be taking and recording attendance.
- His teachers will be available during the timetabled lesson or during the Independent Learning time. He can contact them via Google Classroom or Email.
- Contact with his teachers can only occur between 8.30am and 3.00pm.
- Your son should advise his Subject Teacher or Teacher Assistant if he is finding the work challenging or requires further support.
- Thursday will still only have 3 periods. During sports time - your son is encouraged to undertake appropriate exercise or wellbeing activities.
- Students do NOT have to wear school uniform, but their casual clothing must be appropriate.
- **No homework will be set.**
- You or your son can contact the College Office on 88683700 for IT Device support.

Wellbeing:

- There will be a Zoom Meeting with his Learning Mentor each day between Period 2 & Recess at 9.45am. This is compulsory.
- Thursday's sports periods will be a wellbeing break.
- If at any time you feel that he needs support please contact his Learning Mentor or LOL House.

Useful Websites

Below are some websites that you can view to support your son's learning and wellbeing.

St Pauls Wellbeing Site:

<https://sites.google.com/parra.catholic.edu.au/wellbeingstpauls/home>

Wellbeing - How mindfulness can help during the Coronavirus outbreak

<https://www.beyondblue.org.au/personal-best/pillar/wellbeing/how-mindfulness-can-help-during-the-coronavirus-outbreak>

Black Dog Institute - Reassuring Young People about the Unknown

https://www.blackdoginstitute.org.au/docs/default-source/factsheets/black-dog-institute_reassuring-young-people-about-the-unknown_covid-19.pdf?sfvrsn=2

YouTube - Face COVID - how to respond effectively to Coronavirus

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Headspace Article - Coping with COVID-19 Stress

<https://headspace.org.au/assets/Uploads/headspace-Fact-Sheet-Coping-with-COVID-19-Stress-v1.pdf>

National Geographic - How to deal with your kids 'colleagues' during Coronavirus Shutdowns

<https://www.nationalgeographic.com/family/in-the-news/coronavirus/coronavirus-pandemic-kids-home.html>

UNICEF - How teenagers can protect their mental health during Coronavirus

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Kids Helpline

<https://kidshelpline.com.au/coronavirus>

NSW Government site

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/advice-to-parents-and-carers>

How to organise home schooling and life.

<https://www.youtube.com/watch?v=n8VPzJtO4h0>

