

Learning from home: information for parents and carers

Dear Parents, Carers and Staff,

We have welcomed the support from DET with some information which we hope can help each of our students, families and staff as we navigate how to make the best of term 2 learning. Here is some advice, tips and resources to support children as they learn from home.

About learning from home

When you start to think about helping your child to learn from home, remember that no one expects you to be a teacher or subject matter expert. The most important thing you can do is continue to provide routine, support and encouragement to your child.

You can support your child to learn from home by keeping up to date with these school communications.

GHPS will:

- clearly communicate the responsibilities of your child's teacher as well as what students and parents and carers need to do
- provide learning activities for your child to undertake
- communicate with both parents and students through our normal channels, for example via Compass, the school website, newsletters and email
- advise parents and students about the online tools your child can use to support their learning from home.

If you do not have a computer device or internet at home, we will be in contact with you to discuss whether your child needs to borrow one and how your child can receive materials. Thank you to the parents who have emailed glenhuntly.ps@edumail.vic.gov.au already to let us know about their situations. We will be sending out a survey following this notification about this so please respond to that one too.

setting up a learning environment

Every home is different. Where possible, extended learning should take place in a space your family shares. For example, a lounge room or dining room. These spaces are preferable over a bedroom, where your child may feel isolated and supervision can be more challenging.

It should be a place:

- that can be quiet at times
- where you or another adult is present.

Remember that at GHPS our classrooms are vibrant, happy and encouraging learning spaces that usually have some levels of noise as learners must be oral often with their learning as it helps them to explain their thinking.

student responsibilities during remote learning

Depending on the age and stage of your child, they may be expected to:

- regularly monitor digital platforms for announcements and feedback from teachers
- do their best work when completing tasks
- do their best to meet timelines and due dates
- communicate openly with their teachers and raise any concerns or issues
- continue to abide by their school's behaviour guidelines.

Establishing routines and expectations

It is important to develop a routine to support your child as they learn from home. This is important for them and for family members, to provide an environment that encourages learning.

Start and end each day with a check in to help your child:

- clarify and fully understand the instructions they get from their teachers
- help them organise themselves and set priorities for their learning at home.

Encourage regular exercise breaks. Your school is likely to provide some suggested activities. Ms Kasambalis is planning to help you here and provide ideas for you to include in your day and week. All our specialists will be getting together to deliver learning so as you can stay connected with PE, Art, Library, Music and Japanese.

Encourage healthy eating habits and make sure they drink enough water. We have our drink bottles on the tables at school and love stopping for brainfood at 10am.

Try to keep normal bedtime routines for all children, especially for younger ones.

Managing screen time and online safety

As your child is likely to be spending time online, it is important that you talk to them about online safety. This will help them to make good digital choices and use information and communication technologies responsibly.

You may wish to speak to your children about ensuring they:

- use only the online tools recommended by their school or the Department of Education and Training (DET)
- are respectful when communicating online, just as they would be when speaking face-to-face
- use digital devices in open areas of the home

For more online safety advice for parents and carers go to: www.esafety.gov.au

Mental health and wellbeing check in

Just as you set aside time for physical exercise, it is important to make time each day to check in on your child's mental health and wellbeing.

It may take your child some time to adjust to their new routine for learning and key changes such as not seeing classmates in person. Every child will react differently to new circumstances – feelings of sadness, frustration, anxiousness and even anger are entirely normal.

You can help your child by:

- providing an opportunity to talk about how they feel and listening to what they say. Don't forget the questions we provided to you in term 1 that you can use with your children. I am a big fan of this one: What do you feel proud of about your learning today?
- identifying some specific actions they can take by themselves or with you to address any concerns they might have
- asking how they are finding learning remotely, and if there is anything they'd like your help with.
- Your child's classroom teacher will also be getting you to work in your Resilience Project book which will keep you learning about these very important skills.

If you have any other concerns about the health and wellbeing of your child, please contact us at school directly, as we will have access to resources that can help.

Advice for parents and carers of children with additional needs

If your child has additional needs, you will have had a PSG or SSG in term 1 with Ms Tinetti your child's teacher and ES Staff about their learning plan. Ms Tinetti will still be in contact with these families this term and is always happy to help where needed. Our fabulous Education Support Staff will be working closely with class teachers to keep helping the students with whom they work.

In addition, the parents' page of the DET website (www.education.vic.gov.au/parents) has several resources to help parents and carers support learning from home.

For parents and carers of children with learning difficulties, a comprehensive resource Understanding learning difficulties for parents: a practical guide can be downloaded from www.uldforparents.com.

This guide provides parents and carers with practical advice about learning difficulties as well as a list of [recommended](#) apps.

Literacy and numeracy resources and tips

In addition to the resources and materials that your school will provide, you could use the following resources to support your child as they learn from home:

Literacy and numeracy:

Tips for parents and carers to build their child's literacy and numeracy skills can be downloaded from the www.education.vic.gov.au. Search: get involved in literacy and numeracy. Mrs Melinda Oldham who is our Literacy Learning Specialist, is also working with teachers to provide some very special videos of teachers and reading so that will be something to look forward to as well.

Premiers' Reading Challenge:

The challenge encourages children and students from birth to Year 10 to read a set number of books over the year and record their efforts online. Ms Lucas- Lely has been working over the holidays and will provide us with further information. DET has also advised the following info about how to register at www.education.vic.gov.au. Search: premiers reading challenge

Mathematics and numeracy at home:

Parents and carers play an important role in helping develop their child's numeracy skills. Advice and resources for families can be downloaded from www.education.vic.gov.au. Search: mathematics and numeracy at home. Ms Pisconeri, who is our Numeracy Learning Specialist is also working with staff to further enhance what we can provide you with for home learning.

Our Chooks

Mr David Jenkins and Mr Andrew Aitken will be taking care of the chooks and we are so grateful for their help. Thank You also to the wonderful families who have helped over the break as well.

Yours sincerely

Mrs Libby Alessi & Ms Amy Tinetti
Principal Assistant Principal