



Continuation of Learning

Tips and guide for students and parents

This parent/caregivers guide has been developed to support parents and students learning at home. Support of our student's academic growth and wellbeing is of utmost importance.

We know that we cannot replicate school at home and understand that you are not school teachers. Therefore, we are in this together - a team - to support your child/ren to learn. Teachers are keeping this in mind when setting tasks by providing instructions and information to support you in supporting your child. We also know that children are all different, some will need more support, others like to be independent, so for each child it may look different at home. Remember we are in this together, let us know what works and keep connected to your child's teacher.

Together we Grow

Setting up for success - learning at home

- Involve your child in establishing a simple, consistent, and predictable daily routine
- Provide an environment that will help students focus on engaging with learning e.g. quiet space, within view (we prefer to avoid bedrooms if possible)
- Make sure students are accessing appropriate content by checking in regularly
- For your situation, consider how much time your child is on a device, TV etc
- Particularly for early years students (R-2), look for ways to incorporate activities in the home environment i.e. cooking, measuring, play, being curious etc
- Schedules and routines for learning and to support the family include:
 - Exercise - Consider: family walks, bike ride, making an obstacle course, handball, skipping, kicking the footy, yoga from online etc
 - Breaks - What might this look like? Outside play, games, construction (Lego), cubby building?
 - Regular mealtimes
 - Device time - as devices at home may need to be shared, set times so children know when it is their turn. Remember to use a timer!

TIP! Routines take a while to establish - go easy on expecting it to work in the first week!

Setting up a routine for your family

For primary school students, the 'home school' day will be significantly shorter than the usual school day. The day will vary depending on your child/ren's age and needs. It is important to remember that a usual school day at Galilee includes time for games, social education, setup and clean up, sharing of learning etc. At school things take longer, there are more interactions and distractions. Be aware that students working at home will generally complete work tasks a lot faster. As a result,

- students in R-2 classes generally only need one to two hours (excluding breaks) per day of directed activity.
- Year 3-7 students will focus on literacy and numeracy in the morning and cover the learning areas of the Australian Curriculum and Religious Education through integrated learning throughout the week.

Please do not expect them to spend six hours on schoolwork. Let them be involved in the planning of the day. That could involve being outside or reading to them or your child reading to you. We understand:

- You may be working from home
- You may be a single parent
- You may be caring for other family members
- You may have alternate care arrangements as one or both parents are at work
- Days /weeks may differ depending on carer/parent
- You may prefer to incorporate more home/play based activities. If you are choosing other modes of learning it would be great to share these with your child's teacher

Sample Routine - Please refer to your teacher's suggestions as well

Set a regular morning routine of getting dress and having breakfast - how nice to sit and have breakfast with your family! A time for prayer Exercise - go for a walk
Learning Time 1 - 9am TIP: set a regular starting time for each day R-2 - 20-30min 3-4 - 30-45min 5-7 - 45-60min You could do one or 2 blocks with a quick 5 min break
Snack and break with exercise (30min)
Learning time 2
Snack/Lunch and break with exercise (30min)
Learning time 3 older children Reading time - read a book, read to a child, look at books etc Optional: This could be a time for cooking, gardening etc. at home

What is the expectation?

Schools are required by Australian Government to collect student 'attendance' data for learning at home which will be called: **'Flexible Learning'**. This will enable us to collate your attendance details.

What is flexible learning? It is undertaking the learning your child's teacher has set for you to do at home, including posting your learning online, in your books or worksheets. It is completing what learning you can each day, remembering some days will be more successful than others.

Contact the school each day - if possible, by 9.30am:

1. Let your teacher know your child is engaging in learning at home. Either a parent or child can connect each morning with your teacher on Seesaw or Teams, or quick message saying you are doing Flexible Learning today. You may then complete learning later in the day if that suits your family, which is fine.
2. If your child is unwell or not engaging in learning, please contact Galilee as you would normally report Absenteeism in the morning via:
 - a. Contacting your child's teacher on Seesaw or Teams
 - b. Email info@galilee.catholic.edu.au
 - c. Phone: 85579000
3. If we have not heard from you, someone will be in contact with you to check in and see how you and your child/ren are going.

Try not to worry about your child getting behind. Every single child is in the same situation and they will all be okay. When we are back to normal routines, our teachers will meet them where they are at. Do your best and remember your teachers will support you. Provide feedback about what's working so teachers know how you are going.

TIP! If you are concerned about how your child is coping, contact your teacher or the school and our team will get back to you.

How do I access teachers?

- Teachers can be accessed via Seesaw
- Please respect teacher's personal time, contact teachers during school hours/workdays and not on weekends.
- Response times by teachers will generally be during the day and within 1-2 days but will vary depending on their demand and individual home situations

The leadership team, Jodie Higgins, Sharon Doyle, Kerri Gould, Karen Edwards, as well as other staff, Merenia Vince (chaplain) and Education Support staff will also keep in touch with families learning from home.

You can contact any of the leadership team via email:

jhiggins@galilee.catholic.edu.au

sdoyle@galilee.catholic.edu.au

kgould@galilee.catholic.edu.au

kedwards@galilee.catholic.edu.au

How to stay connected and keep safe online?

Remember to keep connected with friends, family and your teachers. During times such as this our digital world and social media can be positive for our well-being when used correctly and responsibly. Adults and children alike love to be connected with friends and family.

- Seesaw App provides some opportunity for this for children and parents
- Stage 3 student will use Teams and OneNote
- Teams virtual meetings with teachers - further information regarding the possible use and protocols for Teams will be provided as soon as possible
- Take care online:
 - Monitor and support your children to be connecting positively and safely online. Be sure you are connected in with them, so you know what they are communicating and doing.
 - Child safety: If taking photos, videos or online chats, ensure children are dressed appropriately (not PJ's) and not in bedrooms etc.
 - This is a good time to check internet filters provided by your home network. The Carly Ryan foundation may be of help
- Try the old-fashioned way - write letters to family and friends! (A great writing task!)

You know your child, listen and provide what they need. It may be your comfort and love, to feel like everything is okay. Please be mindful of what students view and hear regarding COVID 19 to reduce fear and anxiety. Wait until they are asleep to talk about it or watch the news. It might mean being with them...

- play a game outside
- go for a walk
- watch movies together
- share a book or do a puzzle
- do some cooking or gardening together
- build a cubby

All these things are learning experiences for your child.

Find further support/advice and online learning at:

[CESA Online learning Support](#)

Finally, a reminder that this is a new time and a new way for everyone. Staff at Galilee are with you in this and are available to help where we can. Remember the most important thing is your own and your children's wellbeing. Take time to be together, to listen, to pray, to exercise and to support one another.

We are in this Together,

Jodie Higgins and Sharon Doyle
Co-Principals
Galilee Catholic School