

Our school community may face changes in regard to education over the coming weeks. This may include the closure of schools in response to the spread of the COVID-19 virus. At this time there are a number of things you can do to continue learning and maintain connection beyond our usual school setting.

What can I do to support my child(ren) during this period?

- Talk about the virus in a manner which is appropriate to their age. Find out what they know, correct any misinformation, teach them how to prevent spreading germs or research it with them. Here's a great [website](#) to support this activity.
- Communicate with your child(ren)'s teacher(s) if you have any questions regarding their learning program, in case of a school closure.
- Ask what they might need to complete their learning successfully at home. Stock up on a few essentials like post-it notes, coloured pencils, highlighters, unlined and lined paper, and pens/pencils.
- Where possible, ensure they have access to an appropriate device and internet to support online learning. If access to an appropriate device is of concern, please contact the school so we can support you with this.
- Make sure your child(ren) knows how to communicate with their teacher(s).
- Familiarise yourself with things you can do to support learning at home:
 - Create a dedicated study area away from interruptions and noise and that can be their own. Ensure there is enough light and that the space is comfortable.
 - Establish a routine or timetable for learning and completing school work and ensure your child(ren) sticks to it. This will ensure they stay organised and focus on one subject at a time so they don't feel overwhelmed.
 - Schedule regular breaks in their timetable and study a range of subjects and different types of tasks through the day to have some variety.
 - Ensure they have everything they need before they start, for example, laptops/computers, pens, books, and calculators.
 - Help them avoid distractions by restricting and turning off gaming devices, televisions, and social media.
 - Test your child(ren) on their learning. Ask them questions about what they're learning and check if they understand what they are learning.
 - Encourage your child(ren) to ask for help if they don't understand the learning. Students will be able to connect with their teachers via a range of online learning platforms, for example, Google classroom.
- Help them look after themselves by ensuring they:
 - Maintain a balance between study and relaxing activities.
 - Get regular exercise or physical activity each day.
 - Maintain a healthy diet.
 - Get regular sleep (particularly avoiding all-night or long-night gaming).
- Take into account that your child may not be able to see their friends. Negotiate appropriate ways in which they can maintain connections to their peers. You can do this by setting up virtual playdates with their friends through video chat.
- 'Help' at home means providing support, encouraging, listening, praising, guiding and discussing – there is no expectation that families will 'teach' school subjects.
- Use the opportunity to do projects you've been wanting to do with your child(ren). Whether it is learning how to bake, doing an art project or starting a blog, there are many ways to be creative with your child(ren).

Please understand that we hope this planning will assist families in being prepared for possible developments to come. We will of course keep you up to date as the situation develops.

Sincerely,

Malcolm McFarlane
Principal

James Strachan
Deputy Principal

Samantha Gage
Deputy Principal