



## Learning From Home- Letter 2

### *How do I support my child to learn from home?*

#### **Provide support for your child/children by:**

- ✓ establishing routines and expectations
- ✓ logging onto Microsoft Teams each day by 9:00am so that the teacher is able to mark the roll and connect with the class
- ✓ setting aside a space for your child to work in
- ✓ monitoring communications from your child's teachers
- ✓ beginning and ending each day by asking about your child's learning
- ✓ taking an active role in helping your children with their learning
- ✓ encouraging physical activity
- ✓ monitoring how much time your child is spending online
- ✓ keeping your children social, but setting rules around their social media interactions

#### **Reinforce your child's responsibilities for learning from home established by the teacher**

(These responsibilities should be adjusted according to the age of your child)

- ✓ establishing and following a daily routine for learning
- ✓ working in a safe, comfortable and quiet space
- ✓ regularly monitoring digital platforms and communication to check for announcements from the teachers and school
- ✓ completing tasks honestly and doing their best work
- ✓ communicating with their teachers if they require additional support
- ✓ complying with the department's [Student use of digital devices and online services](#) policy
- ✓ communicating with school staff as different needs arise

#### **Plan your child/children's day**

Our Learning Frameworks include breaks for eating and drinking. During the breaks, it is important your child gets up and moves around. If you live in a private house, then it is safe for your child to go outside into the garden, balcony or courtyard.

#### **Have a 'can do' attitude to reinforce positive wellbeing for your child/children**

Being confined to home for an extended period of time can cause stress and conflict. Tips for looking after your child/ children during isolation include:

- ✓ reminding them that the isolation will end eventually
- ✓ exercising regularly - exercise is a proven treatment for a healthy life balance
- ✓ encouraging them to keep in touch with family members and friends via telephone, email or social media (where appropriate).

#### **Manage screen time**

There are limits as to the amount of time anyone should spend online, but the amounts and the rules for screen time vary by age.

The following recommended screen times (excluding video conferencing) are based on the recommendations from the American Academy of Pediatrics:

- ✓ **Ages 2-5:** 1 hour, broken into sessions of a maximum of 30 minutes.
- ✓ **Age 6 and above:** no specific screen time limits, but screen time should not affect physical activity and face-to-face interactions at home and school. It's very important to be consistent with your screen time limits.

*Curious Minds... Bright Futures...*

Northbourne Drive, Marsden Park NSW 2765 P 02 9852 6100

E [northbourn-p.school@det.nsw.edu.au](mailto:northbourn-p.school@det.nsw.edu.au) W [northbourn-p.schools.nsw.gov.au](http://northbourn-p.schools.nsw.gov.au)



## **Establish behaviour expectations**

During learning from home, students may require to communicate online and work together. The expectations of your child's behaviour will be the same as a face to face lesson.

## **Understand the technology your child will be using**

It is strongly advised that parents do not purchase software from third-party providers.

Our school and the department already have a wide range of software and devices available and these have been specifically chosen to provide your child with the support they need.

- ✓ Office 365 – online Office apps

## **Understand the Department of Education's digital devices and the internet**

The department's policy regarding technology, devices and the Internet is available at the following link.

[Student use of digital devices and online services policy](#)

If your child will be using digital resources as part of their learning and they are unsure of how to do it they should contact their classroom teacher for support.

We will make sure to keep you updated. In the meantime, you can [visit the learning from home website](#) to access further information and resources.

We thank you for your continued support of Northbourne PS.

Kind regards and stay well,

Michele Hedge  
Principal

*Curious Minds... Bright Futures...*

Northbourne Drive, Marsden Park NSW 2765 P 02 9852 6100

E [northbourn-p.school@det.nsw.edu.au](mailto:northbourn-p.school@det.nsw.edu.au) W [northbourn-p.schools.nsw.gov.au](http://northbourn-p.schools.nsw.gov.au)