



Toolooa State High School Resources for Families

Remote Learning – Survival Guide

Toolooa State High School acknowledges the huge change that families are experiencing in managing a variety of issues in relation to the current COVID-19 climate.

We pride ourselves on being a school where wellbeing and inclusivity are paramount in our practice. We hope this “Survival Guide” provides information that will be helpful in navigating and managing remote learning within your families, in the most successful way possible.

- Tips for assisting your family with remote learning

- Hints and tips for remote learning

- Resolving family conflict

Times of change can be exciting however they are a potential source of conflict. Beyond Blue provides a great source of evidence based information. You can visit Beyond Blue at: <https://healthyfamilies.beyondblue.org.au/healthy-homes/resolving-family-conflict>

- Self-care

The world is pretty topsy-turvy right now and feeling overwhelmed or stressed is a very normal response. However, it's important to take time for self-care for you and your family. Please look at the Brave Program – Beating stress, for tips for young people and parents.

- Brave Program – Beating Stress

- Fun things to do at home

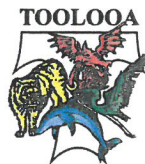
Remember that a basic human need is to have fun and laugh. Learning takes many forms and here are some ideas for you to be able to laugh, enjoy time together and be learning all at once.

- Activities for the family at home

- Staff contact

- Queensland University of Technology

Please note: - An electronic copy of this document can also be located on our school website under the tabs – Our School – Remote Learning. The electronic copy contains hyperlinks to additional resources.



Tips for assisting your family with remote learning

What a day of remote learning may look like.

Routines make life easier as your child will be used to them at school. Together, put together a schedule or daily routine of activities that is reasonable for both you and your child to manage. Make sure you schedule breaks and opportunities to stretch and get some exercise. If you are spending a lot of time on technology, make sure you include regular breaks for no-tech times, and maybe make evenings technology-free after a certain time to support their health and wellbeing.

Tips: these are just suggestions

- Involving your child in establishing a simple, consistent, and responsive daily routine
- Including times for eating, life skills activities, playing, exercise and family time
- Displaying your daily routine so everyone in the family can see it
- Creating a balance between more formal learning and learning through life's opportunities
- Being prepared for things not going to plan and being flexible

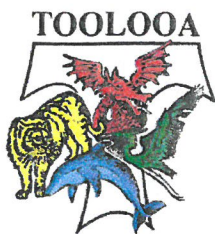
What can remote learning look like?

One of the first activities you might like to do with your child is to plan and then create your home learning environment.

An environment in which your child feels comfortable and able to focus on learning will work best. It should be a place that can be quiet at times, and have a strong wireless internet signal, if possible.

A few tips: these are just ideas

- structure is good
- a suitable desk or table to work at
- access to the materials (stationery, work books) or technology they may need
- a chair that they can sit on without becoming uncomfortable too quickly
- try to make the space around them fairly clear and open, removing any tripping hazards
- reduce distractions
- temperature, lighting and noise levels are all important to consider
- consider the sizes of the chairs and desks:
 - Do they match your child's size?
 - Is their lower back well supported?
 - Is the computer screen (if you have one) at the right height with the keyboard and mouse positioned correctly?



Hints and tips for remote learning



ENCOURAGE GOOD STUDY HABITS

Give encouragement and recognition when it is deserved.

Encourage them to start learning without prompting and affirm and reward them for completing work

CREATE A DAILY ROUTINE



Set time when you and your students can touch base and have them prepare questions they had during the exercises.

Make use of video conference tools that allow for multiple people to dial in.



SET UP A WORK ZONE

Set up a comfortable, well-lit area and designate it for work.

Avoid working from the couch or bed or in front of the TV.



CLEARLY-COMMUNICATE

Introduce yourself to your child's teachers and let them know your preferred method of communication.

Have regular communication and let them know that you are here to assist.

WAYS TO BREAK UP LEARNING



LEARN SOME LIFE SKILLS

- Learn how to make your bed
- Help clean the house (Challenge activity)
- Learn how to do the laundry
- Contact family and friends for virtual visits
- Work outside tidying the yard
- Take care of plants and animals
- Learn some car maintenance
- Cook a meal for your family
- Learn a cool new skill like origami



GET PHYSICAL

- Do a virtual fitness session (free apps)
- Be a personal trainer for your family
- Make an obstacle course through your house
- Yoga or stretch session outside
- Silent disco / dance party
- Boxing / boxercise



PLAY SOME BRAIN GAMES

- Brain teasers
- Board games
- Puzzles
- Card games
- Crosswords
- Sudoku



ROUTINE

- Get ready for the day like normal
- Have breakfast, lunch and dinner
- Write a to do list
- Have regular breaks from learning
- Have a set time you finish learning for the day where you can unpack what you have done
- Email your teachers any questions you have at the end of the day

TIPS FOR YOUNG PEOPLE



Spend less than
10 MINUTES A DAY
watching or listening to
news about the virus.



Ask a parent, teacher or trusted person if you have
QUESTIONS ABOUT THE VIRUS
and tell them if you are feeling scared or worried.



STAY CONNECTED
to your friends but try to
talk about things other
than the virus.

MAKE A LIST OF ACTIVITIES

that you can do with your family and
friends – start a journal or blog, do a
puzzle, e-visit the Louvre, train the dog.



WRITE A LIST AND DRAW

10 good things in your
life and the world.

FIND A WAY TO RELAX

Spend 10 minutes breathing
slowly and calmly.

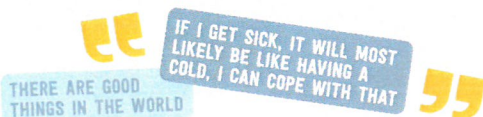
Imagine that you are in your
favourite place for 5 minutes.



LISTEN TO MUSIC

Choose something that
makes you feel good.

TELL YOURSELF POSITIVE THINGS



TIPS FOR PARENTS



Avoid listening to
the news more than
1-2 TIMES A DAY
and reading out bad news
from the internet/social media.

1

2

Answer your child's questions about the virus
BUT STICK TO THE FACTS
and use trusted sources like the WHO.



3

Reassure your child and give

OPTIMISTIC AND CALM RESPONSES

Focus on what they can do right now.



4



GET CREATIVE

Set-up some simple and
fun activities for at home
or in non-crowded places.

5

Help your child make a list of
10 GOOD THINGS
in their life and the world.



6



Try to stick to your regular
FAMILY ROUTINES
and avoid places that
are high risk, or you
are directed to.

7

CHECK IN WITH FAMILY MEMBERS

but try to talk about other
issues and not just bad news
and worries about the virus.



8



LEAD BY EXAMPLE

Stay calm yourself. Help your child by
sharing your own coping skills. Give
praise when they are coping and tell
them what a great job they are doing.

10 LIFE SKILLS TO TEACH YOUR CHILDREN

DO A
LOAD OF
LAUNDRY

COOK A SMALL MEAL

CONNECT SIMPLE
ELECTRONICS

TAKE CARE OF
PETS/PLANTS

USE
SIMPLE
TOOLS

WRITE
A
LETTER

MAKE
THE BED

ORDER SOMETHING
ONLINE

WRAP
A GIFT

SET THE TABLE THE PROPER WAY

Selfie Scavenger Hunt!

Take a selfie with....

- ☐ Something Red
- ☐ Something from the outdoors
- ☐ Something shiny
- ☐ An object that can roll
- ☐ A book
- ☐ A cleaning implement
- ☐ Something alive
- ☐ In the sun
- ☐ In the shade
- ☐ Doing exercise
- ☐ Listening to music

10 GAMES

TO IMPROVE
EXECUTIVE FUNCTIONING
SKILLS

1 **BLURT**
(self-control, metacognition)

2 **SCRABBLE**
(planning, organization)

3 **PICTIONARY**
(flexibility, time management)

4 **DISTRACTION**
(working memory, attention)

5 **5 SECOND RULE**
(time management, task initiation)

6 **FREEZE**
(self-control, attention)

7 **JENGA**
(self-control, flexibility, planning)

8 **BRAINTEASERS**
(perseverance, flexibility)

9 **CHESS**
(planning, flexibility, working memory)

10 **SODUKU**
(perseverance, working memory)

scavenger
hunt
day

science day

arts n' crafts
day

pirate day

build something
day

pj day

Olympics day

DIY day

backwards day

travel day