

Wellbeing Remote Education Plan for Parents



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Every day we invest time in building our community through conversations, social gatherings and the sharing of our lives with students. As teachers and students move to a more online learning environment we all need to begin to think about how we can maintain our health and wellbeing by adopting proactive measures in our work and home life.

Getting used to a new normal

- This is not a regular/usual situation. It's natural for it to take some to get used to.
- The College is not expecting you to get it all right immediately. It will take some time to set up home routines for your children's learning.
- Keep it simple, and don't take on too much at once.
- Your child's Home Class and other teachers are there to support you.
- If you have other commitments at home, you have to work out what works for you.
- Let your child feel and express their emotions.

During school closure, students may be following their normal timetabled lessons and breaks, or another schedule provided by the teacher. Parents are asked to help students manage their time and encourage them to use break times to help reset their concentration.

As a parent, you know your child and/or young person's mental health the best. Be deliberate in gathering as a family for meal times and encourage and enforce breaks offline so they can re-engage with the natural world.

Support, expect and normalise that they are very sad and very frustrated about the losses they are mourning. When in doubt, empathy and support are the way to go.

As a parent you may also be anxious and your children will take emotional cues from you. We suggest that parents attempt to manage their anxiety in their own time and to not overshare their fears with their children. That may mean containing emotions, which may be hard at times, especially if you're feeling those emotions pretty intensely.

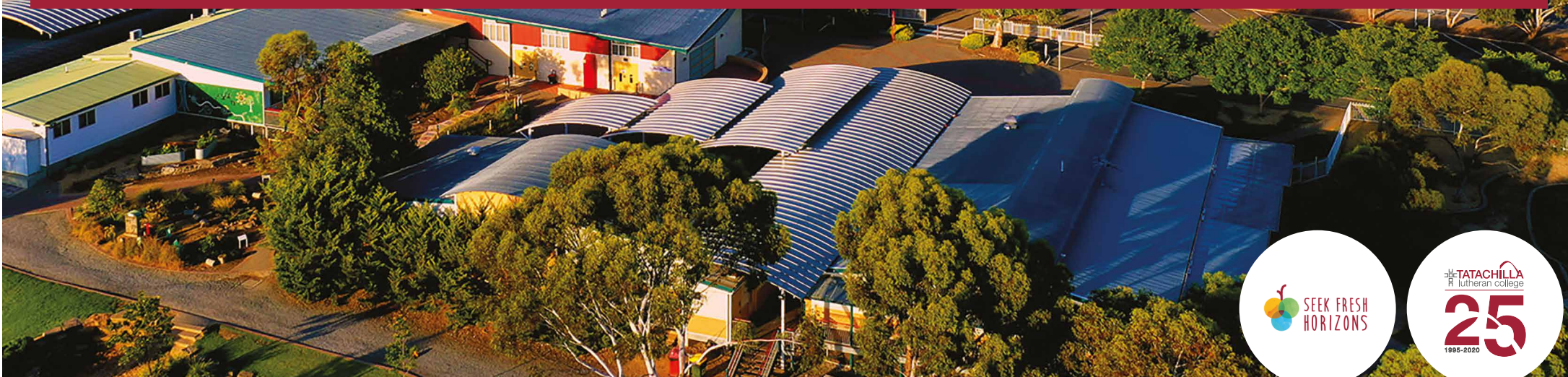


Maintaining a connection with our school community

Routines are an essential part of maintaining wellbeing and as such, they should be included in our approach to online learning.

Providing a definite start and end to the school day will offer structure. It is important to provide a point where school begins and ends. Follow recommended school daily timetables.

Students may be asked to watch a short welcome clip sharing a thought for the day, offering a plan for the learning for the day or simply allowing students to touch base with their teacher. Zoom or SeeSaw may also offer an opportunity to share images or ideas of positive experiences.



Monitoring Wellbeing

Students will need some 'free' time to engage with their peers to maintain their social bonds and help them stay positive. The College may provide some activities for Chapel or Home Class but, as parents, don't rely only on these.

Older students may be staying in touch with their friends through social media. Parents need to remain proactive in encouraging them to connect as they're missing crucial face to face opportunities with friends, and it's all too easy for them to disconnect. Please continue to monitor what they view and encourage them to ask you questions in person as some of the online information they hear or see could be misrepresented.

Switch on Screen Time and Bedtime

If your child or young person is on their laptop or iPad a lot during the day, switch on Screen Time to see how much time they're spending in front of their device and to check that the time doesn't creep up as they spend longer learning from home. Try setting restrictions to stop them from accessing devices without consciously choosing to ignore them.

Communication with Staff

If your child or young person is consistently reporting low moods or feelings of anxiety or discomfort, contact your son or daughter's Class or Home Class Teacher and they will work with the Year Level or Hub Coordinator, Assistant Head of School: Wellbeing on how best to support individual situations. If you or your child experiences something that concerns you, please contact the Home Class Teacher or Year Level Coordinator in the first instance.



Resources

Reachout offer some great tips for adolescents to remain connected:

<https://schools.au.reachout.com/wellbeing-5s>

Headspace offer tips on staying healthy:

<https://headspace.org.au/tips/>

Beyond Blue offer relaxation resources:

<https://www.beyondblue.org.au/get-support/staying-well/relaxation-exercises>

