

Learning at home

Key message:
Children learn
best when
they are
relaxed and
having fun

Take a breath and remember that this is temporary. Enjoy time with your young people, indulge in their interests, have fun together and celebrate the little things.

“This is
temporary”
from Teacher
Goals
Facebook
page
23/03/20

- Don't worry about your young person going backward in schoolwork. Every single young person is in the same boat and this situation is temporary, they will be okay
- When students go back to the classroom, teachers will pick up where we left off and meet students where they are. Teachers are experts at this!
- Don't pick fights with young people because they refuse to do maths, do not get angry if they do not follow a schedule. Do not mandate 2 hours of learning time if they are resisting it.
- At the end of all this, the mental health of young people will be more important than their academic skills. How they felt during this time will stay with them long after the memory of what they did over the 4 weeks or more.

Create a safe relationship based environment

- Try to have a fail-safe environment in the home.
- Create opportunities for success
- Give real choices
- Stepping back from the conflict to encourage a different response based on need
- Develop some calming strategies with the Young Person (and for yourself) e.g. Fip your Lid
<https://www.youtube.com/watch?v=gmgCIJ74Oxw&t=74s>

Remember :

FOUR QUESTIONS TO ASK YOURSELF

1. What am I feeling right now?
2. What does the young person feel, need, or want?
3. How is the environment affecting the young person?
4. How do I best respond?

Change is challenging

- We know change is challenging for many of our Young People
- Transitioning to online learning is a change and you might see escalated behaviours as a result

It is hard for
anxious brains
to learn

Strategies to help Young People develop resilience

- Turn off the media
- Model resilience:- end conversations on a positive “at lot of people are getting sick so I’m going to make sure I wash my hands”.
- Have a key message that reflect the young person’s needs i.e. “most people will be fine”...

Routine and rhythm is key e.g. Day for an early primary child

- 8.00 Free play outside/inside (maybe give structured game like basketball, handball, bike riding)
- 8.45 am Everyone makes healthy snacks to munch on while learning/playing
- 9 am Reading storytime activity: read a book to the child, let them read to you, listen to an audiobook.
- 9.15 am Ipad/screen activity using reading eggs or mathletics or work provided by the school
- 9.30 am PE with Joe <https://www.youtube.com/watch?v=d3LPrhlov-w>
- 10.00 am Ipad/screen activity using reading eggs or mathletics or work provided by the school
- 10.30am Game of Uno, Yahtzee (great for maths) or similar
- 10.40 am Art activity with paints chalk etc They could write a letter to a friend
• or paint a picture for them
- 11.15 am Free play
- 11.45 Everyone makes lunch – read a recipe, measure ingredients – you just did a great English and maths lesson

Routine and rhythm is key e.g. Day for an early primary child continued

- 12.00 Lunch, tidy up and free play (outside in the garden if possible)
- 1.00 pm Ipad/screen activity using reading eggs or mathematics or work provided by school
- 1.15 pm Music Activity

<https://musiclab.chromeexperiments.com/Song-Maker/>

- 1.45 Reading storytime activity: read a book to the child, let them read to you, listen to an audiobook.
- 2.00 pm Body drumming <https://youtu.be/T4qykuhAZKk>
- 2.15 pm Make Afternoon tea together
- 2.45 Watch one of the great things available online together –a tour of the Natural History museum, an episode of play school, a movie. Talk about it.

We will send more examples of daily timetables (and maybe you can share yours!)

Visual timetables showing the routine are good to use

Remember it is ok to change the plan – if an activity is working stay with it; if its not let it go, try the next one or one that has worked before.

Create a learning space

- Try and create a space where learning happens (different to play space)
- E.g. put a blue cloth on the table when learning is going to happen

Message on school attendance

- The NSW and Qld Department of Education have made it clear that no young person will be turned away from school. They have advised to keep young people home where possible, however, if this is not feasible, teachers will be there to support young people at school. Young people in out of home care have good reason to stay connected at school if possible (and if they want to!)
- Schools will remain open to support parents/carers and students during this time.

Resources

- Start with what your school is using and has put together for your child.
- NSW Department of Education website along with work provided by teachers at the school of your young person
<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home>
- Queensland Department of Education
Link <https://education.qld.gov.au/curriculum/learning-at-home>
- See attached Google classroom powerpoint if your child's school is using Google classroom

Resources

- There are so many resources for online learning (we are putting together lists of good resources and will update and share regularly). Here's some to get you started
- https://www.abc.net.au/radio/brisbane/online-resources-for-home-schooling/12094136?utm_medium=spredfast&utm_content=sf232029476&utm_campaign=abc_brisbane&utm_source=m.facebook.com&sf232029476=1.
- See attached a list for secondary students in particular including some wellbeing sites.

Follow Nathan Wallis for some great tips

- Facebook @nathanwallisxfactoreducation
- Nathan Wallis Facebook Page: 24/03/2020
- “There is no academic emergency this week, so don’t be so quick to set-up a home-school. Our country is in a crisis and we are all stressed and tired. Stressed adults can not teach stressed children. It is a neuro-biological impossibility. Try focusing on connections and feelings of safety”.

“You are the
base” – you are
the stable base
for Young
People
(Maggie Dent)

- The best way to start a conversation with a Young Person about coronavirus is to ask them what they know about it.
- Staying calm, managing your emotions and taking care of yourself will help Young People
- <https://www.maggiedent.com/blog/coping-with-the-corona-chaos/>

Your wellbeing

It is important that during this time, you look after your own wellbeing and health. Remember that you cannot drink from an empty cup.

This is a great resource to practice just that.

- Science of Wellbeing by Yale University. Free course available online <https://www.coursera.org/learn/the-science-of-well-being>

Finally

This is a PERFECT time to make good memories with your children and learn things beyond "normal" maths and reading.

This is a great time to really help your child dig in and spend hours doing or learning something that they love or are passionate about.

Don't forget that there are LOADS of documentaries on the streaming services that they might enjoy and learn a lot from.

Don't forget to read – even teenagers like being read to.

Reach out if
you need help

- Talk to your Case manager, Youth worker, Program manager if you are looking for some direct support from your Education Consultant. We are happy to help.