PARENT SUPPORT

Continuity of Learning

Supporting your son and his mental wellbeing is essential for his remote learning at this time. The challenge is to manage this new way of being with a positive attitude and sense of resilience.

Remote learning is very different to classroom learning and we need to make allowances for this. The State Government have published guidelines on the amount of time students should be working each day which are a good indicator. **Click here to view these guidelines.**

The following suggestions may also assist you in helping your son navigate social distancing and remote learning.

1 Provide Comfort

Communicate, comfort, build a sense of safety and stability. Allow them to vocalise their feelings, acknowledge and reassure them.

2 Routine

Set up a routine that works for your family. Be flexible as things do not always go to plan. Begin and end the day by checking-in (eg.; what classes do you have today? How far did you get in your learning tasks today?) Ensure they take breaks.

3 Exercise

Build times for exercise into your daily routine.

4 Learning Differently

Acknowledge each student learns differently and at a different pace. Some may need more assistance, others encouragement. Acknowledge when things are going well. If things are not, perhaps take a break, change activity and return to it later.

5 Building Independent Learners

This is a good opportunity for your son to take responsibility for his learning. Allow him input in setting up his new learning environment and assist him in limiting distractions.

6 Family Time

Use this time as an opportunity to spend quality time together as a family. Take fun breaks together, exercise together, play games or start a family project.

7 Stay Connected

If you need extra support, you can contact school staff, wellbeing staff, or refer to the following resources.

Kids Helpline
www.kidshelpline.com.au
1800 55 1800

headspace
www.headspace.org.au
1800 650 890

Monash Youth Services
www.monashyouth.org.au

PASTORAL CARE - PARENTS

Supporting Students Through COVID-19 Remote Learning

Salesian College have actioned an online check-in system that allows students to raise concerns, enabling our pastoral staff to action the appropriate level of support. Our aim is to provide students with a research informed process, allowing them to care for themselves while they are learning remotely.

Traffic Lights

BLACK — I don't feel safe and can't speak with an adult at home

RED — I need help and would like to talk to someone from Wellbeing today

AMBER — I am struggling and would like to talk to my Oratory teacher

GREEN — Everything is great - I'm OK!

Student Process

1. Reflect on the traffic lights.

2. Communicate your traffic light with your Oratory teacher through your private channel by 11am on Mondays and Fridays.

3. Your Oratory teacher will follow up with you and other teachers at the College when required. If in doubt, just ask!
   There are no silly questions. Take care, and stay safe!

Emergency Contacts for Parents/Guardians

Dean of Students:
Senior School (Years 10-12)
Mr Kim Beurs
0419 995 705

Dean of Students:
Middle School (Years 7-9)
Mr Byron Chen
0409 827 511

Contact Hours:
Monday, Tuesday,
Thursday and Friday
8:30am - 3:30pm
Wednesday
8:30am - 2:30pm

Kids Helpline
www.kidshelpline.com.au
1800 55 1800

headspace
www.headspace.org.au
1800 650 890

Monash Youth Services
www.monashyouth.org.au

STUDENT GUIDE

To Successful Learning

Be Prepared

- Ensure your learning space is somewhere quiet
- Keep this space neat and tidy
- Remove all possible distractions and ensure everything you need is within easy reach
- Go to bed early on school nights
- Wake up with enough time to have breakfast
- Check emails and SIMON each morning before online learning commences at 8.45am

High Expectations

- Attempt all tasks set and submit all work on time as directed by your teacher
- Create goals that you want to achieve in your learning
- Write these down and stick them above your desk

Technology

- Ensure your laptop is charged each night
- When joining online lessons, don't switch on your microphone until asked by your teacher
- Use headphones if you have them available
- Mute your microphone when not speaking to reduce noise
- Do NOT record any videos or take photos of online lessons conducted by a teacher
- Stay safe online

Communication & Reflection

At the **start** of the day, ask yourself:
- What am I learning today?
- What are my learning targets/goals?
- How will I be spending my time?
- What resources do I need?
- What support do I need?

At the **end** of the day, ask yourself:
- What did I learn from today?
- What did I enjoy about today's activities?
- What was challenging? How can I work through the challenge?
- What went well today? Why was it good?
- Do I need to ask my teacher for something?
- Do I need help with something in order for tomorrow to be more successful?

Patience & Productivity

- Things might not always work as planned, that's okay, keep trying!
- There are lots of new and exciting learning opportunities for us all, be patient and kind to yourself and those around you
- Create a daily planner to keep yourself on track with your learning
- Be proactive! If you need help, ask your teacher. They are there to help you!

Positive Relationships

- Use technology in a positive and respectful way
- When in online lessons, listen respectfully to others and wait your turn to speak
- Keep connected with others, maintain and develop new friendships
- Remember to keep everyone included so that no one feels isolated or alone

Manage Your Time

- Approach each day with a plan
- Start your day according to your normal routine to get you in the right frame of mind
- Be Comfortable (but not too comfortable)
- Make sure your desk and chair are at the right height for extended periods of work
- Sit in a chair that supports correct posture
- Alert mindset that are ready to learn

Control Your Environment

- Try to find a place that has natural light, as this will brighten your mood as well as your room
- Minimise disruptive noise and distractions by setting up in a quiet space away from the busyness of family
- Switch your phone to silent, or place it in another room to minimise distraction
- Organise a comfortable and productive study space

Keep It Positive

- Display an inspiring quote, or an image that puts you in a positive frame of mind
- It is good practice to make it a place of inspiration, a place where you will want to do your best to achieve your goals
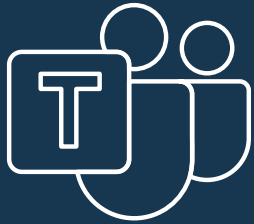
Take Rest Breaks

- Plan your time
- Reward yourself with rest breaks
- Keeping your mind fresh and active will ensure your study time is more productive

ONLINE CLASSES

Using Microsoft Teams

Microsoft Teams is a communication and collaboration hub for students and teachers, allowing conversations and live video classes, delivery of continuous learning and College community connection.

Privacy and providing a safe platform is important to us. Recommended tips and tricks to get the most out of the Teams experience.

Location
Blur the background to protect your privacy.

Minimise Interruptions
Place yourself in a location of the home that allows you to work with minimal interruptions. Headphones can help maintain focus and avoid interruptions in shared spaces.

Mute Your Microphone
Mute your microphone when you're listening. Doing this will eliminate background noise interruptions.

Ask Questions by typing into the posts section. If teachers would like students to participate in the conversation they will ask them to unmute their microphone.
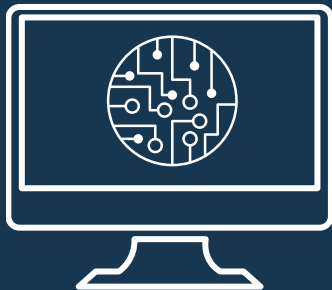
Technical Difficulties
Sound and picture lag time can happen during video conference (due to slow internet).
Try turning off your own video then listen and watch the class.
Remember, questions can still be asked in the post section.

Respect
The same standards of behaviour are expected in an online classroom as in a physical classroom. Be courteous, polite and patient with one another. Not demonstrating respectful behaviour may result in being removed from the virtual class.