



2 April 2020

Dear RISS Families,

We have three goals that we wish to keep in mind during this uncertain and evolving situation. We want to help our school community to remain **calm**, we want to ensure **clear communication** and we want to show **compassion**.

We have around 117 families that attend Russell Island State School. That is why we want people to know that what we expect with home learning needs to be flexible and agile. We will need to work together to adjust and respond and we can not expect a one size fits all will result in the same outcomes for all our families. To name a few, we will have families with parents needing to work from home or caring for other family members; we will have families dealing with more than one child and families with a range of access to devices and internet. These and other situations will impact our whole school community and that is why we need to show **compassion** to all members of our community.

Please see below, five recommended practices that are intended to support you and your family during this period of preparing for remote learning. If you have any questions, concerns or would like to discuss anything further, please don't hesitate to contact the school via 34009333 during school hours.

1. Continue to promote and prompt regular hygiene practices

To stop the spread of illness, your family should continue to:

- Wash your hands regularly with soap and water, or disinfectant hand rub
- Cough and sneeze into a flexed elbow or tissue
- Dispose of tissues immediately after use
- Minimise direct contact with others

Building a strong immune system is your best defence against illness. Supporting all members of your family to consume a balanced diet, get enough sleep, reduce stress and exercise regularly can help to boost everyone's immunity.

2. Open the lines of communication

Establish the practice of open and regular family communication. Stay on top of factual information and make sure that what you are sharing with your child is age appropriate.

To **prepare for** the period of remote learning, you could discuss the following as a family:

- How can we respect each other's boundaries and create personal space and time for each other?
- What opportunities does this period of remote learning provide us as a family? (e.g. increased family time, a time to slow down)

If we implement remote learning, **during** this time you could schedule a daily family check-in and discuss:

- What went well today?
- What challenged us today? What might we do differently tomorrow?
- What did we learn from this?
- How did we look after our well-being today? (E.g. we made time to exercise, took regular breaks, connected with friends, practiced mindfulness, kept a routine, etc.)



It is important that you continue to model the behaviour and attitudes you want to see in your child, which includes remaining calm and positive. If you notice your child is displaying signs of distress or upset, talk with them about what they are feeling and why. Don't hesitate to contact the school, your GP or reach out to other support providers.

If you need some extra support, you may like to contact the following organisations

<p>Headspace https://headspace.org.au/</p> <p>Phone 1300 851 274</p>	<p>Family and Child Connect http://familychildconnect.org.au/</p> <p>Phone 13-32-64</p>
<p>Kids Helpline https://kidshelpline.com.au/</p> <p>Phone: 1800 55 1800</p>	<p>BeYou / Beyond Blue https://beyou.edu.au/</p> <p>Phone: 1300 22 4636 (24 hours/7 days a week)</p>

3. Create a learning space for your child/ren that promotes and protects good health and

Consider how you can support your child to set up the right environment for learning. You might think about:

- The type of chair and table your child is using to support their back and posture
- The materials you need for learning; pencils, paper, notebooks etc
- The temperature, natural light and airflow of the learning space
- Distractions that might impact learning (e.g. TV, gaming console, social media, etc.) and how to monitor usage

Where possible, your child's learning space should be separate from their bedroom or other personal learning space. It is important your child does not work on their bed or the couch.

4. Create a routine that works for you and your family

Creating and maintaining a schedule at home is important to help your child balance their school and personal time. We recommend home learning begins with Maths and English. This should begin in the morning after breakfast. You may consider the following essential activities and tips when developing a remote learning routine:

Essential Activity	Helpful Tips
A set morning routine	Maintaining a regular morning routine will keep your child's body clock in check. It is important that your child maintain a regular wake up time, showering and dressing routine to help them get into the right mindset for learning.
Daily movement	<i>Physical activity is critical to maintain not only your child's physical fitness but also their mental clarity and focus. Mr Weller will provide suggested physical activities your child can action at home and you may like to explore other ideas online.</i>
Consumption of regular, nutritious meals and snacks	Children need to access to nutritious meals, water and snacks to help fuel their brain and improve their concentration and energy levels.
Goal setting	<i>Setting goals can support your child to develop and maintain a sense of purpose and direction while learning remotely. You should encourage and support your child to set both a learning and wellbeing goal to promote balance.</i>



Learning	Please schedule learning 'blocks' throughout the day. Learning can be chunked into 20 minute to 1 hour learning blocks (depending on the age of your child), with regular breaks scheduled in between. Personal devices and other distractions should be removed or set aside during dedicated learning hours. It may also be useful to set a timer during these learning blocks to help maintain focus.
Take a brain break	<i>Wellbeing is important for students to maintain focus. We will provide a choice of wellbeing activities for your child to engage in. It is also important to get up and move during brain breaks, so encourage your child to regularly stretch, walk around and get some fresh air and sunlight.</i>
Device free time	It is important to include some screen free learning and personal time each day when learning remotely. Your child might use this time to read or get creative through other activities such as cooking, drawing, or writing a letter to a friend or relative.
Daily reflection	<i>Your child should take time to reflect on their day and consider what worked well, what goals they achieved, what they are grateful for and what they should focus on tomorrow. This reflection can be shared during a family daily check in.</i>
Connecting with friends	Keeping connected with friends is critical to ensure your child doesn't feel isolated or lonely. Maintaining positive relationships will support wellbeing. You should support your child to make the effort to connect and check in with their peers remotely.
Relaxation and play	Planning for relaxation and play is just as critical as planning for learning. We encourage a mix between individual activities and family activities.
Family time	Spending quality time as a family ensures you maintain connection and provides an opportunity for sharing, discussion and reflection each day. It also provides a time to just enjoy each other's company and have fun.
A set night routine	A sleep routine is just as important as a morning routine. Your child should be encouraged to maintain good sleep hygiene, including getting at least 8 – 10 hours of quality sleep each night, and at least 1 hour of screen free time before bed.

5. Be flexible and empathetic

This period of remote learning is new for all members of our learning community and it might take some time to get things right. Please continue to practice and model empathy for everyone involved in this transition. Everyone is doing the best they can and it is important to continue to practice kindness, understanding and patience with one another.

Yours sincerely

Jayne Barnett

Principal

Russell Island State School