



SUPPORTING YOUR CHILD DURING REMOTE LEARNING

The shift to Remote Learning is a big change for all of us. We know that many of our students are missing their friends, routines and extracurricular activities. Many of our students and families may be finding this adjustment challenging – you are not alone.

If your child is feeling anxious or worried about Remote Learning, it can be helpful to have an open and honest conversation about these challenges, and work together to develop a Remote Learning Plan in your home, specific to your child and their needs.

HOW TO DEVELOP A REMOTE LEARNING PLAN THAT WORKS FOR YOUR FAMILY:

- Sit down with your child outside of work/school hours, at a time where you won't be distracted by competing deadlines or commitments.
- Acknowledge that the new arrangements are challenging for everyone. Ask your child what they are finding difficult about remote learning (you might be surprised by their answer) and what they think is working so far.
- Explain and normalise that they will almost certainly encounter some technical issues (not even Netflix can escape the bandwidth challenge!)
- Together, make a list of alternate activities that your child can complete when technical issues arise (**e.g writing an email to their teacher which can be sent when they're back online, reading a chapter of a book, completing the revision chapter from their last maths topic, exercising, doing a [Smiling Mind mindfulness activity](#) – or even washing the dishes**)
- Explain and normalise that there will be times where they don't immediately understand their task, get stuck in the middle, or feel unsure where to start. **Students should be encouraged to ask a classmate or email their teachers themselves. Learning to write clear emails that explain what they're finding difficult is a great skill for students to develop.**
- Remind your child that, just like when they raise their hand in the classroom, their teacher may not be able to immediately respond to them. Plan for these moments, and remind them that they can consult with a classmate or go to their alternate activities when this happens. **Similarly, you might not be immediately available either (particularly if you have work or carer commitments)**
- Explain that the purpose of sitting down together is to plan for these challenging times in advance, rather than getting overwhelmed by them in the moment. **If other family members are working from home, it can also ensure that there are fewer interruptions, as students can consult their list of alternative activities first.**
- Make a plan to sit down again after one week to discuss what worked and what didn't work, and make changes to your plan as needed.

If you require support or information, please contact the Student Wellbeing team.

Further Student Wellbeing information can be found at:

<https://schoolbox.nhs.vic.edu.au/homepage/5297>