

A Message from the Learning & Support teacher - Mr Allen

Hello Parents and Caregivers,

I was listening to a podcast by the educationalist Sue Larkey last week who was talking about the need for kids to have a **SCHEDULE** to help them (and you!) through the current COVID 19 crisis. She made the really good point that at the moment, students are engaged in **Learning From/At Home**. They are NOT doing **Distance Education** or being **Home Schooled**. Here are her suggestions:

FOR PARENTS

- Make sure it is always very clear who's doing what in the household, so kids know what is happening, to help give them a sense of security
- Remember you are the teacher's assistant!! NOT the teacher! This is NOT Home Schooling
- Let your kids have 'time-outs' quiet time, non-screen time during the day
- **"Now, next and later"** (so, now you're doing some History, next is English and later we'll go for a walk). Try and make the day as structured as possible
- For kids who struggle with sitting down for too long, let them take the computer/device (if you can) outside or do some stretches, have a drink, do a house chore etc.

FOR STUDENTS

- Set your alarm for the morning and get up by 8am. Get in to a healthy routine.
- Prioritise work you are doing – what is urgent, what is not! Use Sticky Notes or a daily planner so you can see what you need to do first
- Be realistic – take a break if you are feeling overwhelmed
- Make sure you drink lots of water, exercise and eat well
- When you're doing homework stop when you're ahead and things are going well. You'll feel much happier to come back to something that's enjoyable
- Ask for help whenever you need it! Email myself or your teachers.

Remember this situation will not last forever, so try to make the best you can out of these difficult times and stay well mentally as well as physically!

Stay well and contact me shall you need too.

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