



# Supporting Student Wellbeing in Remote Learning A Guide for Parents

## **About Learning from Home**

As we know, to provide learning continuity for your child, it is important they have as much routine and certainty as possible. To support learning at home, you are not required to be a subject matter expert or educator. Your role is to partner with your daughter/son and the College to support their home learning.

## **How to support your daughter/son**

You can provide support by:

- establishing routines and expectations
- providing a level of supervision appropriate to their stage of development
- monitoring communications
- checking in with them often to help manage and pace work
- monitoring how much time your they spend online.

## **Setting up a learning environment**

We recognise that every home is different. Where possible, it's important to provide a quiet and comfortable learning space. Your child may have a regular place for doing homework under normal circumstances, but this space may not be suitable for an extended period of time. For some families, having all children around one table may work best.

Where possible, extended learning should take place in a space your family shares. For example, a lounge room or dining room. These spaces are preferable over a bedroom, as:

- bedrooms can be isolating for your child
- and supervision can be more challenging.

It should be a place:

- that can be quiet at times
- that has a strong internet signal, if possible
- where supervision is possible (as needed).

## **Establishing routines and expectations**

- Keep normal bedtime routines
- Start and end each day with a check-in with your child.
- Encourage regular exercise breaks.
- Options could include exercises, yoga, walking or using home exercise equipment.
- Encourage healthy eating habits and drinking enough water.

It's important that you continue to set these kinds of expectations. Hopefully by now the routines are set, but if you have noticed that your child is struggling without a routine, it's never too late to begin.

## **Communicating with your child**

We encourage you to start and finish each day with a simple check-in with your child. These check-ins can be a regular part of each day.

In the morning, ask:

- What subjects are you doing today?
- What are your learning goals?
- How will you be spending your time?
- What resources do you need? What support do you need?

In the afternoon, ask:

- What was your favourite learning activity today?
- Tell me one thing that was difficult today.
- Have you messaged your teacher?
- Who could help you with this besides the teacher?
- Tell me one success you had today – what was good about it?
- Have you made a list of what is due this week or the tasks you need to complete?

These questions help them to:

- process the instructions they get from their teachers
- organise themselves and set priorities.

## **Supporting your child's wellbeing**

As we are seeing, schools are not exempt from the challenges that come with the COVID-19 outbreak. We are experiencing a major change in the way our students engage with their learning. Change, particularly when it is the result of an unprecedented event, can result in people experiencing a range of emotions and can trigger behaviours that may not have been witnessed before. Now more than ever, there is a need for parents and carers to call upon the social and emotional skills that ensure you look after your own wellbeing and also do everything you can to protect the wellbeing of your children in our CRCCS community.

## **Managing Screen Time and Online Safety**

CRCCS is committed to creating and maintaining a child safe environment. Remote learning may increase the amount of time that students spend online and increase the potential for online safety incidents to occur.

We will continue to ensure child safety by following our child safe policies including:

- Ensuring that lessons and assistance to students will be only be provided using school approved and monitored software

- Avoiding one on one contact online between staff and individual students, and in the event that this is unavoidable, logging each contact.

We would also appreciate your assistance in helping us keep students safe online. Parents and carers are encouraged to be familiar with the tips and resources about how to keep children safe online via the following link <https://www.esafety.gov.au/parents>.

The guide covers some of the key online safety issues for young people and includes a range of practical tips and advice on what to do if things go wrong. You can also find a list of important services that can offer extra support at <https://www.esafety.gov.au/parents/online-safety-guide>.

### **Responding to child safety incidents**

Please alert us immediately if there are any concerns or red flags that you notice. This may be individuals on school platforms that you and your children do not know; inappropriate messages, or any signs that the platforms may have been compromised.

The school's existing child safety structures will also remain in place, including our Child Safety Policy and Child Safe Code of Conduct. Our staff are aware that they must continue to comply with their child safety reporting requirements, and we ask that you alert the College immediately if you have any concerns about your child or any other student at the school.

The above mentioned policies can be found here <http://www.crccs.catholic.edu.au/school-community/84/p/child-protection-policies/>

We also encourage students and families to report any cyber-bullying or image-based abuse to the e-Safety commissioner through the link <https://www.esafety.gov.au/report>.

If your concerns relate to a member of staff you are encouraged to please contact the Principal or Deputy Principal. Our Child Safety Officers are also available to provide advice as is the Western Regional Office of Catholic Education Melbourne Regional Director at 8412 2400.

If your child is unwell, email or direct message and is unable to complete their online lessons, contact Reception as you would for a normal absence.

***If a child is in immediate danger please call 000 for assistance.***

### **From the Wellbeing Leadership Team**

To support your child's mental health through the current self-isolation measures, apply routines and structures around the use of devices, bed times, getting up and dressed (out of pyjamas), showering and eating. Having some predictability around these areas provides reassurance to your young person during this time of uncertainty.

It is important parents continue to monitor their children. Pay attention to any changes in their behaviour, which might seem disproportionate to current circumstances. These could include changes in the way they communicate, changes in their sleeping patterns or personalities, for example, if they are becoming more withdrawn, irritable or arguing more.

You may like to discuss any concerns you have about your child with one of the College Counselling Team during usual school hours. Be aware also, that many psychologists and organisations are offering telehealth counselling services which you can access via your GP.

Our College Counselling Team will continue to provide support to students as required during this period of alternative education. As face-to-face services are no longer available, telehealth sessions may be arranged.

Prior to this, College Counsellors will discuss with students and/or parents, aspects such as:

- whether the environment is appropriate for telehealth services
- whether it is appropriate to manage the presenting issue remotely
- a referral to an external provider if the presenting issue needs face-to-face management.

Further information about consent for telehealth services, privacy, confidentiality and safety will be provided. During school hours the Counselling Team contactable via Direct message on SEQTA.

**If you require crisis support, or need to speak with someone immediately, please contact one of the following, or contact your local GP.**

- ***Kids Help Line*** - Ph: 1800 55 1800 (open 24hrs)  
Access web and email counselling via <http://www.kidshelpline.com.au/teens/>
- ***EHeadspace*** - Ph: 1800 650 890 (open 9:00am – 1:00am).  
Access chat service or email counselling via <https://www.eheadspace.org.au/> or <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

- **Lifeline** - Ph: 131 114 (open 24hrs).
- **Child and Adolescent Mental Health Service Triage** - Ph: 4215 8600 (9:00am-5:00pm, Mon–Fri)

## **Government Information and Latest Advice for COVID-19**

Australian Government Department of Health

The Australian Government Department of Health is closely monitoring COVID-19. Our information provides daily updates, answering your questions about the latest news, current facts and figures, travel advice, key contact and phone numbers.

<https://www.health.gov.au/>

Australia.Gov.Au

This site is regularly updated to give you the latest Coronavirus news, updates and advice from government agencies across Australia.

<https://www.australia.gov.au/>

Youth Beyond Blue

Information, resources and support for young people experiencing anxiety/depression, online (3:00pm – 12:00am) and phone support (24 hours)

<https://www.youthbeyondblue.com/>

Reach Out Australia

Service that provides information and resources for under 25s, and parents

<https://au.reachout.com/>

Suicide Call Back Service

24-hour professional counselling service (phone and online) for anyone who has lost someone to suicide, is feeling suicidal, and anyone with worries for a friend

<https://www.suicidecallbackservice.org.au/>

Parentline Victoria

Telephone counselling and support service for parents

Ph: 132 289

eSafety

Parents and carers are encouraged to be familiar with the tips and resources provided by the eSafety Commissioner about how to keep your children safe online whilst offering skills and advice.

<https://www.esafety.gov.au/parents>.

Adapted from:

<https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx#link100>