



Learning From Home

Parent Information Pack

Flexible Online Learning Platform
Bethany Christian School

Learning From Home

Welcome to an exciting new learning journey! We will continue to work together to learn and grow. Please take a deep breath and smile as we begin this journey together.

Learning from home refers to the way our school will maintain learning and teaching in prolonged school closure or prolonged student absence.

Bethany Christian School already delivers and manages learning activities using tools such as email, office 365, Google Classroom, Blooms, Seesaw, Storypark. We are currently building a web platform that will support. In the event of prolonged absence teachers may move some or all of your child's activities to these platforms.

If you cannot access the platform, alternatives will be arranged on a case by case basis.

Parent Responsibilities During Remote Learning:

- Establishing routines and expectations
- Defining a space for your child to complete school work in
- Monitoring communications from teachers
- Beginning and ending each day with a check-in
- Taking an active role in helping your children process their learning
- Encouraging physical activity and/or exercise
- Checking in with your child regularly to help them manage any stress, worries or concerns
- Monitoring your child's online activities
- Keeping your children social, but set rules around their social media interactions.

Student Responsibilities During Remote Learning:

(These responsibilities should be adjusted according to the age of your child)

- Establishing and/or following a daily routine for learning
- Identifying a safe, comfortable, distraction free space in your home where you can work effectively and successfully
- Regularly engage with and communicate through the Online Flexible Learning Platform (or other arranged option)
- Completing tasks with integrity and academic honesty, doing their best work
- Doing their best to meet timelines, commitments, and due dates
- Communicating proactively through the support options in the Flexible Online Learning Platform if they cannot meet deadlines or require additional support
- Collaborating and supporting their classmates in their learning
- Complying with the departments' Student use of digital devices and online services policy.

Establishing Routines and Expectations:

Bethany Christian school will provide you with a weekly timetable which will be the same for each student or groups of students. This will include regular breaks for activity, eating and drinking. In the activity breaks, it is important that students get up and move around.

From the first day, you will need to establish routines and expectations. You should use the timetable or schedule provided by your school to set regular hours for school work.

Keep normal bedtime routines for younger children and expect the same from your older primary and high school-aged children too.

It is important that you set these expectations as soon as distance learning is implemented, not several days later after it becomes apparent a child is struggling with the absence of routine. For more information, refer to [Remote learning guidelines for students and parents \(PDF 186KB\)](#).

Your Learning Space:

- Comfortable, quiet, free from distractions
- a public space located near adult supervision
- internet connection
- Refer to this [Learning environment checklist \(PDF 81KB\)](#) for more advice
- We do not recommend the use of a bedroom

Wellbeing:

Being confined to home for an extended period of time can cause stress and conflict. Tips for looking after your children during isolation include:

- Talking calmly with your whole family about what is happening. Understanding the situation will reduce their anxiety.
- Help your children to think about how they have coped with difficult situations in the past and reassure them that they will cope with this situation too. Remind them that the isolation won't last forever.
- Exercise regularly. Options could include exercise DVDs, dancing, floor exercises, walking around the backyard or using home exercise equipment. Exercise is a proven treatment for stress and depression.
- Encourage your children to keep in touch with family members and friends via telephone and other supervised mediums.



[Activities and ideas for home \(PDF 52KB\)](#)

Communicating with Your Child:

We encourage you to start and finish each day with a simple check-in. Call this time a “check in” so that your children become familiar with this concept. Make it a regular part of the day and start straight away. The check in will help with support and structure and keep your children on track.

In the morning, ask:

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

In the afternoon, ask:

- What did you learn today?
- Acknowledge one thing that was difficult. Either let it go or come up with a strategy to deal with the same problem if it comes up again
- Consider three things that went well today. Why were they good?
- Are you ok? Do you need to ask your teacher for something? Do you need help with something to make tomorrow more successful?

Feedback ideas for improving our work are:

- I like... I wish... Even better if...

These specific questions matter because they allow your child to process the instructions they have received from their teachers and help them organise themselves and set priorities. Older students may not want to have these check-ins with parents (this is normal!), but they should anyway.

Communicating with Your Teacher and the School:

1. We already use the following platforms for communication with parents and will continue to do so wherever possible.
 - School App
 - Website
 - Newsletter
 - Email
2. In the Online Flexible Learning Platform there are two help options. One is for learning support and one is for technical support. When you use this option, it will email the appropriate people who can support you. Please remember to sign using your name (parent) and your student name and class.
3. This situation will be new for most schools and families and we will find ways to stay connected with you. You will still be able to contact the front office on 82830000.

Bethany Christian will engage in a cycle of continuous improvement and refinement based on feedback so we may ask you and your child for your thoughts on how the system is working for your family.

Using Technology:

Purchasing new software or devices

It is strongly advised that parents do not purchase software from third-party providers in response to this situation unless specifically advised by the school.

Your school and the department already have a wide range of software available and these have been specifically chosen to provide your child with the support they need.

Accessing digital learning platforms

To support your child in using online and digital resources as part of their remote learning consider the following questions.

- Does your child know how to access the Flexible Online Learning platform?
- Does your child know how to log in to devices and websites?
- Does your child know their username and password or know how to reset their passwords if necessary? Note that IT support can reset student passwords if your child forgets their password.

If you and your child are unsure about the answer to these questions they can use the year level learning support button in the flexible online learning platform.

Accessing Digital Devices and the Internet:

You need to continue with the practices, safety measures and IT policy parameters whilst working from home.

Managing Screen Time:

Screen time refers to the amount of time a user spends on a device to access on-screen activities.

There are limits as to the amount of time everyone should spend online, but the amounts and the rules for screen time vary by age.

Video conferencing and social interactions using video do not count towards screen time.

Some screen time activities such as online socializing and gaming can be very immersive.

Make sure that non-school activities are limited in length.

Digital Citizenship

We recommend that you take the time to watch and discuss issue of online safety. We still recommend that students do not have social media accounts and that they access friend and family discussions with parental support.

It is important that during this period of remote learning that we maintain safe and responsible use of information and communication technologies.

This includes appropriate use of digital platforms, privacy and information protection, respectful communication and how to deal with online issues.