



# Learning From Home

Wellbeing

---

Flexible Remote Learning Plan  
Bethany Christian School

## Learning From Home

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

## 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 to 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 for long.
- 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, email or social media (with supervision).



## Managing Behaviour:

Even though your child is at home they still need to comply with their schools' behaviour management policy.

You can refer to the following:

- [Student Discipline in Government Schools Policy](#)
- [Behaviour code for students](#)
- [Bullying of Students - Prevention and Response Policy](#)
- [Student use of digital devices and online services](#)

Collaboration, group work and peer feedback during remote learning will require students to communicate online and work together in digital spaces.

The expectations of your child and their required behaviour will be the same as a face to face lesson.

## Anxiety:

Talking with parents <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Managing Anxiety Around Covid  
<https://vimeo.com/398947314>

## FAQ for Bethany Parents

### [What do I do if my children won't get out of bed on weekdays?](#)

Keeping a steady and predictable routine is very settling for everyone. Communicate with your child the importance of continuing the school routine as much as possible, which means getting up and out of bed at a regular set time, but also going to bed at their regular set time.

When you know that your child will be learning at home, set aside a time to have a chat. Together think of the things that need to happen in your household to help support learning from home. Write down a list of things that everyone is agreeing to do. Such agreements might include;

- I will work at the kitchen table.
- The \_\_\_\_\_ room will be the quiet space for learning.
- I will start my learning from home at \_\_\_\_\_ and finish at \_\_\_\_\_.
- My break times will be \_\_\_\_\_.

Get everyone involved to sign the agreement to show their support. Have a rewards chart for great choices. You can create the charts with your child and really tailor it to suit everyone's needs. What you might need to consider are;

- **What 'reward' will your child respond to?**
  - The rewards need to be real, desired and achievable in a short time frame. Avoid withholding rewards over a long period of time as the child will lose interest or hope in ever earning their award. Avoid using food as reward.
- **Concentrate on only a few things you want your child to achieve, avoid trying to getting everything done.**
  - If getting into and out of bed on time is your target behaviour, reward these choices rather than adding a long list of other behaviours. You can target the other behaviours once getting out of bed in the morning and into bed at night have become 'normal' behaviours.
- **Make it personal.**
  - Design a chart with your child. Include their interests. Consider if it needs to be limited to a chart? It could be a jar and they collect marbles, buttons, bread tags (whatever you have) and they can trade an agreed number for a reward.
- **Be generous!**
  - Not only is learning at home really different, but children just like adults are anxious about COVID19. Our children will need loads of encouragement. Be generous with your rewards at home. Rewards motivate good behaviour and choices much more effectively than negative behaviour management (discipline).
- **Be prepared to change it up – regularly.**
  - It is not unusual for a reward system that has been used very successfully to suddenly become ineffective. If you notice that the current reward system is not working, change it!

### What if my children won't do the work that is set for them?

There is always a reason for all behaviour. Ask yourself why your child does not want to do the work that is set? Is it that;

- They don't know what to do?
- They might be worried they'll 'get it wrong'.
- Are they tired? When did they last have break?
- Are they hungry? Do they need some water to rehydrate?
- Are they feeling alone?
- What will help your child to do the work?

Make sure the area that they are working in is conducive to working. Ideally, a light and airy area that is communal is best. Ensure your child can be seen. Provide lots of break times. Even at school, children do not sit at their desks for hours at a time! If your child works better with music quietly in the background, let them have music playing. If a television is on in the same area as they're learning, your child will find it significantly more difficult to concentrate.

Consider setting aside set viewing times, putting a value on learning. Use, "when – then" statements, for example, "**When** you have finished \_\_\_\_\_, **then** you can \_\_\_\_\_."

It is very important that you help your child to track the time. When they're engaged in watching tv or are online playing, make sure you give them sufficient time warning them when their screen time is finishing. Generally, give your child a minimum of a 5 minute wind up time. Any sudden disruption of TV or screen time will cause an emotional response, however if you give your child adequate warning, the switching of tasks will be more successful.

Finally, if your child fails to respond to any of these suggested methods, contact your child's teacher using the online support button. We are here to support you too!

### What if I am unable to help my child with their work?

Regardless of whether your child is learning at school or from home, there will be times when you as a parent might not be able to help them. Some helpful questions to guide them to help solve their problem might be;

- Who might know the answer to my question?
- Would one of my friends know how to help?
- Can I contact my friend?
- Who else might know how to help me?
- Can I contact the teacher?
- Is there someone else in the home that might be able to help?

Assist your child to reach out to their peers or a teacher at Bethany. It does not necessarily have to be your child's teacher, but it might be another teacher within the same year level. We are all here to help you and your child! The online support button is the best place to get be able to contact someone at this time.

### What can I do if my children don't understand their work?

If your child and you have exhausted every avenue to find support for their work, let the school know. We will endeavour to find a way in a reasonable time frame to support you and your family. Remember, you can access the Department for Education's learning from home website (<https://www.education.sa.gov.au/our-learning-sa>) in addition to Bethany Christian Schools' website programme.

### What can I do if I cannot contact the school or my child's teacher?

Remember, keep calm! It is okay if your child puts a task aside for a later time when help is available. It is important that your child keeps doing things such as reading and math activities (really simple things, like times tables, Sum dog online game etc).

### What happens if someone gets sick?

No one feels like working when they are sick. If you, as a parent fall ill, it will be difficult to manage your child's learning if they are not an independent learner. Be patient with yourself.

### What do I do if I notice a change in my child's mood or behaviour while they are at home?

It is very important for everyone's mental health and wellbeing that the routines at home do not drastically change. Keep exercising, eating regularly, maintain a healthy sleep routine and monitor the 'tone' of what you are reading, watching and listening to.

In these very uncertain times, people can become anxious. If you notice your child's behaviour or mood significantly alters and they are becoming angry, moody, tearful or withdrawn, you will need to gently intervene.

There are many different agencies you can call, such as [beyondblue.org](http://beyondblue.org), Kids helpline, and Healthdirect.

#### **The 3 rules of anger:**

1. It's not ok to hurt yourself
2. It's not ok to hurt others
3. It's not ok to damage things

#### **We can manage angry feelings by:**

- talking about what has made us angry - talk to your child when they are calm, as they can't process what you are saying when they are highly emotional.
- exercising to let off some energy, playing sport, running around the yard, playing with a ball, kick the footy
- doing enjoyable activities such as bike riding, playing outside, art and craft, drawing, reading, playing with friends or pets, playing games, Lego, puzzles, or jigsaws

We can calm ourselves down by using our breathing.

- This method requires us to breathe in deeply through the nose for a count of 4, hold for a count of 4, then slowly exhale through the mouth for a count of 4. Try it and see how it works!

### **When We're Feeling Anxious:**

The above strategies can help for anxious feelings also.

Feeling some anxiety is completely normal, but when anxiety takes over and effects our daily of life and decisions, we need to manage these feelings.

Acknowledge how you feel and don't judge yourself. It's ok and normal. Journalling or writing about how you feel can help.

Anxiety in children can show up in many different forms including bedwetting, perfectionism, lying, stealing, sleep difficulties and separation issues.

It may be difficult to identify what exactly is bothering your child when they are anxious. However, asking them what they are thinking about may help you to identify any worrying thoughts or faulty thinking they may have. This then gives parents and caregivers an opportunity to correct any assumptions or misinformation they may have.

Some children may have no idea of what they are thinking, so helping them to develop this awareness will help. It may take practice. Our thinking about a situation effects the way we feel, and the way we feel effects the way we behave.

Getting enough sleep - (9-11 hours for a 7 year old) and a good diet (limited caffeine) can also help with anxious feelings.

### **Some Words from the Bible**

#### **Philippians 4:8**

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

**1 Peter 5:7** Cast all your **anxiety** on him because he cares for you.

**Philippians 4:6-7** Do not **be anxious about** anything, but in everything by prayer and supplication with thanksgiving let your requests **be** made known to God.