

PRIMARY STUDENTS – How to learn safely from home

How to best prepare for online learning at home

Things to do or think about before learning starts

- Make sure you know the websites and software that is going to be used for your learning. Only use these methods of communication so no one gets confused.
- Think about making a special space to work from home. Make sure this space is a safe place for you to be learning from, so that you can focus, hear what your teacher has to say, or watch what is happening without being interrupted
- Remember that your teacher might be able to see where you are if you are using the video feature, and they will be able to hear you and see what you type.
- Don't forget to follow your normal classroom rules and respect your teacher, just because you're now learning online doesn't mean the rules change
- Be sure to get ready for school as normal, which means eating breakfast, getting washed and dressed and being a presentable student all before learning starts
- Because everything is now happening online, there may be some extra things you need help with. You can check out this website if you have any concerns or worries

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

How adults can help you to be a good online learner

Things your parents or a teacher can do to help

- Normal school times and activities are a good way to continue your usual learning. That means making sure you eat and get some fresh air at recess and lunch times as normal too.
- Your parents might want to speak with you about making an online agreement for your normal screen time outside of school learning because you'll be using your device a lot
- Your teacher might want to start your online classroom with a reminder about how to be a good online learner, such as reducing distractions, using nice words when you speak or type and having regular screen breaks
- Your parents might help you by writing the class timetable each day so you know what will happen and when
- It is ok if your technology doesn't always work, it is not something to get upset about. But it is a good idea to talk about a backup plan with your parents. This could be
 - a work pack your teacher or parent has made for you
 - spending time learning from your parents and doing things such as cooking, a puzzle or playing board games etc.
 - having some independent activities ready to go such as
 - online apps (Mathletics, reading eggs etc.)
 - reading books
 - writing stories or a diary
 - building things

- creating things etc.

Just remember to try your best to be a good learner by helping your parents and teachers too

Healthy and respectful relationships

- It is important to give your teacher your full attention during lesson times just like you would in the classroom. It might be a good idea to have a plan of what to do if you get interrupted.
- Remember, everything you say, type or do on video can be heard and seen by your teacher and is recorded, so make sure you are always demonstrating respectful behaviours.
- We know that your parents and siblings might be busy working at home too so don't forget to keep up your healthy and respectful relationships with them also. It might be a good idea to revisit how you can do this now that you are all working at home together.
- If you haven't already completed or thought about an updated safety network now that you are learning from home, it is a good time to do so. Many of the people you are used to seeing at school or in the community may not be around now so you will probably need to change some of the people in your network or at least the way you contact them.
- If you have any concerns about yourself or any of your schoolmates remember you can let your teacher or any adults in your safety network know. You can
- Other trusted adults or services you may not have thought of in the past might include the 'Kids Help Line' Ph: 1800 55 1800

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