



Learning from Home Guide

Suggestions to Parents and Guardians



Supporting Remote Learning

As the School prepares to start remote and online learning programs, it is appropriate to provide additional guidance to our families in navigating this unprecedented time. These remote and online learning programs are designed to support our students and their families and provide what is an age appropriate workload.

The Queensland Government qld.gov.au/learningathome have provided an excellent resource to support families, in the event of closure, to minimise disruption to learning for children/ students. These suggestions, summarised below, are aimed at supporting our students and their families.

Key Things to Remember during Remote Learning

Students	Parent/ Carer to Support Students
<ul style="list-style-type: none"> ✓ Establish and follow a daily learning routine ✓ Find a safe, quiet space to learn ✓ Regularly monitor online learning platforms: Mathletics, Reading Eggs & Soundwaves for set tasks ✓ Complete tasks with patience, attempting your best work ✓ Communicate proactively with teachers via email if support is needed ✓ Continue to adhere to the guidelines outlined by the School's Acceptable Use of Technology Policy 	<ul style="list-style-type: none"> ✓ Establish and maintain routines and expectations ✓ Create a set space for your child to learn ✓ Begin and end each day with a 'check in' ✓ Communicate proactively with teachers ✓ Taking an active role in assisting your child to prepare and process their learning: <ul style="list-style-type: none"> ○ <i>What resources do you need?</i> ○ <i>How can I help?</i> ○ <i>What did you learn today?</i> ○ <i>Think about three things that went well today?</i> ✓ Continue to encourage physical activity and exercise ✓ Check in with your child to monitor their wellbeing ✓ Monitor the amount of time your child is spending online ✓ Encouraging social interactions, but set guidelines regarding interactions on social media platforms ✓ Monitor communications from the school and teachers

Routines and Expectations

This schedule should be inclusive of regular breaks for movement, eating and drinking times. As a School committed to the holistic development of every student, we strongly encourage all students to remain active, and include frequent opportunities for students to move around and away from desks and in front of screens or writing in books.

Maintaining normal bedtime routines for younger children, and this regularity is also important for students. It is these routines and regular expectations which will support students both in the short and long term.

Learning Environments

An appropriate & supportive learning environment is both quiet & comfortable. A child's usual homework environment may not be the most suitable space for longer term remote learning. The School encourages families to ensure that a suitable remote learning environment be a common/ family space, and not a bedroom. A location in your home which can be both quiet at times and maintain internet connectivity. A space where an adult is also present would be ideal for all students, and essential for younger students. Please also be mindful teachers may be communicating with many students and their families in the event of remote learning and responses to emails may take some time.

Wellbeing of Students

As we have observed on a global scale, being restricted or confined to your home for extended periods of time can contribute to a diminished sense of wellbeing for both students & adults. Our School encourages all families to continue to maintain open lines of communication within your home about what is happening in the community & staying in touch with extended family members is important. A focus on how people cope with challenges & adversity, indeed how they have managed stresses in the past will help to reassure each other of their resilience. Keeping active as a family, within Health Authority guidelines, throughout the day is critical in maintaining emotional regulation.

One Note Platform

OneNote Class Notebook will be the platform for remote learning at Goodna State School.

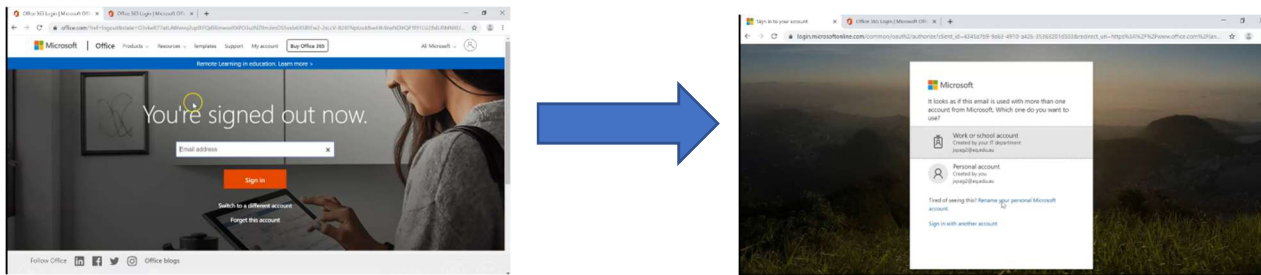
Students can access OneNote Class Notebook from their Microsoft Office 365 log in.

Students will be notified by email (sent to student email address) when OneNote Class Notebooks are shared with them. To get to your Class Notebook:

1. Sign in to Office 365 (as per teacher email):

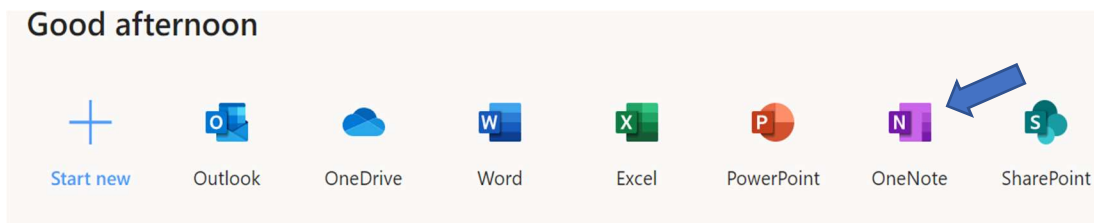
Username: studentID#@eq.edu.au

Password: As what has been provided - please contact us if you do not know these details



2. Open your Outlook app and look for the SharePoint app email and click on the year level Class Notebook. Next time you can use the OneNote app. How to open your [Class Notebook Video](#)

Good afternoon



File Home Insert Draw View Help Class Notebook Open in app Tell me what you want to do Share

Segoe UI 18 B I U Styles Tags abc

Year 5

Welcome Welcome to your Class No...

New Section 1 FAQ : OneNote Class Note...

> _Collaboration Space Try out a Staff Notebook

> _Content Library

Student name

+ Section + Page

Welcome to your Class Notebook

This Class Notebook has been developed as your one stop shop for learning while working from home. Teachers will add work for you to complete. Learning at home will be different to learning at school.

If you need help with your learning you can ask an adult in your house or email your classroom teacher.

[Mr Patterson - jepat0@eq.edu.au](mailto:jepat0@eq.edu.au)
[Miss Longden - jplong30@eq.edu.au](mailto:jplong30@eq.edu.au)
[Miss Lees- halee0@eq.edu.au](mailto:halee0@eq.edu.au)
[Mrs Gehrman- sxgeh1@eq.edu.au](mailto:sxgeh1@eq.edu.au)
[Mr Cheng - cgche0@eq.edu.au](mailto:cgche0@eq.edu.au)

Routines

It is also very important at this time to maintain a routine and stability in your child's life. One way to do this is to establish a daily timetable of activities that the whole family can work on together. Learning activities, fun time, exercise and chores/jobs around the house are a great way of keeping connected to school, and to family.

Some example timetables for families to consider are:

8:30	Reading Time
9:00	Mathletics
9:30	Literacy and Reading Eggspress
10:00	Watch BTN on abcMe
10:30-11:30	Wash your hands before Morning tea , free play time, wash your hands after.
11:30	Do a science activity or music time or sing a song or create something for art (Do a different activity each day)
12:30	Wash your hands before Lunch and free play time
1:30	For the rest of the day - Play in the yard, look for bugs, help prepare dinner, bake something, build connection as a family, write a letter to Grandma, your teacher, a Health Care worker.

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-9:00	Free Time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry