

# Remote learning guidelines for students and parents

## Stay connected



## Ask questions



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If you don't understand something, ask your teacher or classmates online.

## Workspace



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Work in a quiet area, at a desk or table and try to limit distractions.

## Use classroom language



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Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.

## Focus



.....  
During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.

## Take breaks

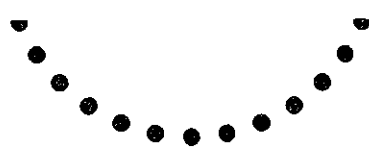


.....  
Take breaks away from screen. Move around and try not to sit all day.

## Your normal routine



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Eat breakfast, brush your teeth and get dressed in the morning.



# Some activities and ideas for home for parents of primary and early learners


Make or do a jigsaw puzzle  Try some origami Create an obstacle course

Bake or cook something Learn a magic trick Paint or draw a picture 

Make a joke book Take photos of 10 living things  Build a blanket fort

Plan and hold a picnic Make your own kite Try a new board game 

Play indoor mini-golf  Play Limbo Write a letter to your future self


Potato sack race with pillow cases Hold a tea-party  Make a time capsule

Hold a Karaoke concert  Play hide and seek Open a pretend store

Blindfolded taste test Look at photo albums Have a paper plane contest 

Play Pictionary Play dress up  Play Restaurant Try Yoga

Make a shoebox diorama Learn a new card game  Put on a play

Make or play an instrument  Create a treasure hunt Write or recite poem

Have a talent show Make handmade presents Choreograph a dance 

Read a new book from the library Play water bottle bowling

Play life-size Noughts and Crosses Build the tallest tower 





## Learning environment checklist

### In setting up this space the following should be considered:

- Is the area free of distraction?
- Is there excessive noise in the area?
- Are there trip hazards in the area?
- Is the area exposed to direct glare or reflections?
- Does the area have sufficient power points available?
- Is equipment (extension cords etc.) in good, safe, working condition?
- Is there a proper desk and chair and other necessary equipment (light, stationery and devices)?
- Is the chair adjusted correctly?
  - Feet should be flat on the floor and knees bent at right angles with thighs parallel to the floor.
  - The chair backrest should support the lower back and allow your child to sit upright.
  - The chair should move freely and not be restricted by hazards such as mats and power cords.
  - Chair arm rests should be removed or lowered when typing.
- Is the computer adjusted correctly?
  - The screen should be positioned directly in front of your child.
  - The screen should be at a distance where your child can see clearly and easily without straining. The top of the screen should be slightly lower than eye level.
  - The keyboard should be positioned at a distance where elbows are close to your child's body and their shoulders should be relaxed.
  - The mouse should be placed directly next to the keyboard.
- Are their most frequently used items within easy reach from a seated position?

## LEARNING FROM HOME ADVICE TO PARENTS AND CARERS

Learning from home refers to the ways schools maintain teaching and learning activities in the event of a prolonged school closure or student absence. Learning from home plans allow for the continuation of these activities despite interruptions to normal school attendance for one or more students or the whole school community.

The department is providing a range of teaching resources, student materials, parent and carer advice and assistance for teachers who need support with planning lessons or using technology. Details of this support can be found via this link. These pages are being regularly updated with new resources and information.

<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/advice-to-parents-and-carers>

### Parent responsibilities during remote learning

Provide support for your children by:

- establishing routines and expectations
- defining a space for your child to 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 stress
- monitoring how much time your child is spending online
- keeping your children social, but set rules around their social media interactions

### Digital citizenship

We recommend that you take the time to explore [issues of digital citizenship and online safety](#) and then discuss these with your child.

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.

<https://www.digitalcitizenship.nsw.edu.au/>