



Runcorn State High School

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Family Guidance for Learning at Home

Learning at home looks very different to what it does at school and we wanted to share some ideas to maximise the productivity when learning at home. This is a great opportunity, and with some flexibility, learning could be fun, creative and engaging in the home environment.



Wellbeing

Any change to routine can be stressful to students (and adults), and the latest pandemic may add to this. We should always be mindful of students' state of mind and consider ways to minimise anxiety and offer calm surroundings.

While learning from home continues, school support staff are available to discuss any needs your student may have, please contact the school if you need help or advice.



Routine

Learning at home does not need to mimic the school environment, but it is important to have some daily structure and routine. Plan your day in advance. When will your student work? What breaks will there be? At what times can you help your student and at what times do they need to work alone? When will they eat? Setting a schedule in advance will allow everyone to be productive. Some tips from experts include getting up and dressed ready to learn – this doesn't have to be school uniform – but getting out of pyjamas is a good way to tell the student it is time to work.



Learning Space

What does this look like? A bedroom might be good for evening homework – but may not be the best learning space for daily home schooling – somewhere communal might be a better option and provides better supervision and less opportunity for distraction. The dining table is a popular option.

Do not forget some of the basics when working at a computer - Sit on a chair with a straight back; feet placed flat on the floor with the screen adjusted to a comfortable level.



Technology

What access to technology do you have? Computers and internet access? Be aware that some children are good at using technology for games and social media yet lack basic skills in using Office program, they actually might need help with this. Does your student know how to navigate to the necessary resources on the school website links - SharePoint/OneNote/blackboard?

Online behaviour – monitor childrens use of social media platforms including gaming. Remember children under the age of 13 should not have access to any social media according to the developers. Learning time is not the time for multi-tasking on games or social media.



Connection

Allow your student to maintain contact with their peers – especially those from the same school. At times, discussing their schoolwork with peers can be a positive learning experience.

Encourage students to connect with friends verbally through a phone call or video chat/ facetime.



Outdoors

Spend some time outdoors - enjoy your backyard/balcony.

Move, be active – see some sunlight and allow the eyes to adjust to being outdoors from time to time.

- Exercise (throw a ball, skip)
- Nature scavenger hunt
- Gardening



Home Learning Opportunities

Learning does not have to look like school – daily family activities can be learning opportunities.

- Cooking
- Cleaning
- Gardening
- Laundry
- Ironing



Engage

Home learning is great opportunity for parents and carers to interact with what the student is doing.

Ask them questions – what are they learning? How are they doing that?

Show a real interest and get them to teach you.

Adults can share their real world experiences.

Contacting the School

We will always be available to help you with any support you need.
www.runcornshs.eq.edu.au/our-school/contact-us