



## Senior School Parent Guidelines Years 7-12

1

### Establish routines and expectations.

From the first day of Distance Learning students should begin their studies at 8:20am and it is expected they will use the normal school day routines as a guide for their learning. It is important that parents and carers set these expectations for how students will spend their days starting as soon as Distance Learning is implemented, not several days later after it becomes apparent a child is struggling with the absence of routine.

2

### Define the physical space for the student's study.

We encourage families to establish a space/ location where students will learn most of the time. This should not be in a bedroom for video conferencing times. It should be a place that can be quiet at times if possible. If possible this space should be in a location where device use can be monitored by an adult.

3

### Communications from students' teachers.

Teachers will communicate with parents through email, when and as necessary. The frequency and detail of these communications will be determined by the students' ages, maturity and their degree of independence. Parents are asked to be proactive in communication with the School. Please keep in mind all communication should go through normal pastoral and academic avenues. Please see the 'Where to get help' section for further information.

4

### Begin and end each day with a check-in.

Parents are encouraged to start and finish each day with a simple check-in. Ask about what your child is learning today? How will they spend their time? What resources do they require? What support do they need? This brief grounding conversation matters. It allows students to process the instructions they have received from their teachers. It helps them organise themselves and set priorities. Parents should establish these check-ins as regular parts of each day. Not all students thrive in a distance learning environment; some struggle with too much independence or lack of structure. These check-in routines need to be established early, before students fall behind or begin to struggle.



## Senior School Parent Guidelines (Cont.)

5

### Encourage physical activity and/or exercise.

Make sure students remember to move and exercise. This is vitally important to their health, wellbeing, and to their learning. Recess and lunch are important breaks in the school day and to be off screens. The School does not want students staring at computer screens for 7-8 hours a day.

6

### Remain mindful of students' stress or worry.

As a result of the change in the students' routine and the absence of the safety net of School, some students may experience increased levels of worry. If so, we encourage parents to contact their son's Tutor in the Senior School. Further information for how to contact a counsellor can be found on the Parent Counselling Information Guide.

7

### Keep students social, but set rules around their social media interactions.

With the implementation of Distance Learning, children will react differently. Many will find the change hard and start missing their friends, classmates and teachers. Please help your child maintain contact with friends and see them in person when circumstances permit. For Senior School students, please also monitor social media use, especially during an extended school closure.

We thank you in advance for your patience and partnership!

### Our main platforms for Distance Learning:



Lampada



Zoom



MS Teams

The School's Acceptable Use of ICT Policy and all other school policies apply at all times during Distance Learning days.