

Trinity along with all Queensland schools' first 5 weeks of Term 2 is going to be an unexplored frontier. It may not feel like an exciting adventure. This is new for all of us and just as it is really important for you as parents to understand what is expected and what this means for you, it's really important to take a seat and talk with your children. Let them know your expectations around Home based learning.

This is a really important space and opening up conversations where you can hear from them about their fears and apprehensions will help you to navigate this unknow space.

Ask simple questions like:

How do you feel about having school from home?

What are you worried about?

What's something that you wish you could tell your teacher right now?

Are there things you're looking forward to?

Manage time and energy.

Getting into a good daily routine from the start of the week is key. Where possible work together with your child to design their school day around energy levels, yours and theirs. Check specifically about what needs to be covered during the day.

What will their break times look like?

Decide on the most nourishing snacks that will help keep them going and focused.

Space.

How effective is the current learning space and is it suitable for focused learning? Is it too close to at-home distractions?

'Home-based Schooling' Does Not Equal 'Online Learning'

Technology is a great tool and we can access incredible things when it comes to online learning with virtual classroom experiences. Remember there are other ways to learn at home that don't involve the internet. This is an opportunity for children to read books made of paper, build and create amazing art pieces, cook treats, help with dinner and take off their shoes and run around in the backyard as part of their day of learning.

Balance and boundaries.

Change can bring a feeling of being really out of balance. Learning at-home is similar to us negotiating work and home. We have all just joined the circus and are trying out a re-balancing act and we sometimes slip.

We have not changed in that we are the same as before but our emotional, social, physical and spiritual needs have been shaken.

Monitor them to check if they need some physical activity?

Do they need to connect with their friends or family members?

Do they need some fresh air or a quick brain break?

Talk to each other.

Thank goodness we do not communicate with tin cans and a string these days. But the efficiency may actually be similar in that if only one person is holding the can or the line of communication is not held tightly it is of no use. If you purposely keep the communication open with your child, you will usually win every battle. Check in on them regularly, create opportunities for them to share their feelings with you, ask what is and what is not working. Find out what needs to change to keep the wheels of home-based learning turning. You can do this, don't be too hard on

yourself or your child. This adventure doesn't have to be a lonely one, reaching out is part of the action plan, you can ask for support.

Talk soon, Chappy Sandy