



# Information for Students and Parents/Guardians

Learning @ Home



St Aloysius Catholic College  
Kingston Campus



## Information for Parents & Students Kindergarten – Grade 4

Supporting your child's learning at home is of paramount importance to us. We appreciate your patience and understanding as we have prepared for Learning @ Home. The following information is designed to help you to support your child's online and offline learning in the home environment.

- Students will be using the Seesaw learning platform whilst learning at home.
- It is an expectation that all students engage in assigned Learning @ Home tasks which are set each day.
- Students are to check their Seesaw page every morning to see what has been set. Teachers will upload the tasks for the day after 5:30 pm the night before and before 8:30 am.
- Learning at home will be different from learning in the classroom. For our older students, this will involve more responsibility for organising themselves and developing some independent learning skills. For all our students though we know they will be supported by their parents/guardians as they navigate this without their teacher being present.
- Teachers will be allocated to be available to support students at various times during the day and teachers will communicate these times via Seesaw. They may not be able to provide immediate feedback. Our teaching teams will be working together on a rotational basis. Your child will receive feedback for pieces of work from a teacher in the teaching team (it might not be their own class teacher).

### **Student Attendance & Absenteeism**

Attendance during this period of Learning @ Home should be considered as per regular school days.

If your child is unable to attend the Learning @ Home due to illness or family reasons, please continue the normal College process for absentees.

### **How can students stay healthy and active?**

- Some of the work will be done in front of the computer or sitting at a desk. It is important to be aware of students' own wellbeing during this time.
- Students are encouraged to take regular posture and movement breaks.
- Students' eyes also need a visual break so make sure they walk away from their device or desk and give their eyes a break.
- During the day, students should make sure to go outside and get some fresh air and complete the HPE activities at least a few times during the week.
- Students should drink lots of water as per their normal daily routines.



## Student Wellbeing

If you have concerns about your son/daughter whilst they are away from their friends and studying from home, please contact us and seek our support and assistance. Contact details of key staff are listed on the attached 'Mental Health and Wellbeing' attachment. Staff will endeavour to respond to your email within 24 hours. Appointments may be made for an online conversation with the College Counsellor whilst children are studying at home.

- To support your health and wellbeing, there are PE activities which will be posted on Monday of each week and should be completed at least three times throughout the week.
- Students should set up their learning space as they would at school, preparing themselves with the equipment and books they need according to their timetables.
- At the end of the day, students should pack away their books so that your home doesn't become a permanent classroom!
- Should you have any concerns with connectivity with Seesaw please contact your teacher via the inbox or email and they will endeavor to assist you or pass on your concerns to relevant staff.



Below is a suggested timetable which might assist you in planning your day. Some class teachers may have already provided a similar version.

# LEARNING @ HOME

## SUGGESTED DAILY SCHEDULE

Before 9:00 am	Wake up	Eat breakfast, make your bed, get dressed, put pj's away
9:00 - 9:30	Morning walk	Family walk outside or stretching activities if it is raining
9:30 - 11:00	Academic time	Seesaw activities provided by your teacher
11:00 - 12:00	Creative time	E.g craft, colouring-in, legos, play music, cook etc
12:00	Lunch	
12:30	Household help	Wipe all kitchen tables and chairs, door handles, light switches and study areas Wipe bathrooms (sink, taps and toilets flush button) Remember to put your toys away after use
1:00 - 2:30	Academic time	Seesaw activities provided by your teacher
2:30 - 4:00	Quiet time	Reading, puzzles, board games
4:00 - 5:00	Afternoon fresh air	Bikes, walk the dog, play outside
5:00 - 6:00	Dinner	
6:00 - 8:00	Free time then Bed	Shower or bath and a bedtime story.  Sweet dreams!



## Caring for your Mental Health and Wellbeing during the Coronavirus

It can feel stressful and overwhelming during an event like the outbreak of the Coronavirus and we are all affected differently.

You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so rapidly.

It's important to find the right type of support for you and your family and these needs may change over time. Perhaps the most important thing to remember is that feelings of anger, frustration, confusion, sadness and denial are completely normal considering all that is happening around us and particularly when we have so little control.

We would like to recommend some excellent online support services for children, young people and adults.

Headspace ([www.headspace.org.au](http://www.headspace.org.au)) in particular, has excellent interactive activities for young people to engage in to support their mental health and wellbeing. We recommend that you encourage your children to explore this website. Kids Helpline (1800 55 1800) or ([www.kidshelpline.com.au](http://www.kidshelpline.com.au)) is another excellent support service for young people.

The Beyond Blue website ([www.beyondblue.org.au](http://www.beyondblue.org.au)) has advice and support for adults, as well as links to numerous other services. The Raising Children Website ([www.raisingchildren.net.au](http://www.raisingchildren.net.au)) is also a source of excellent information and advice for parents.

If you have concerns about your son/daughter whilst they are away from their friends and studying from home, please contact us and seek our support and assistance. Contact details of key staff are listed below. Staff will endeavour to respond to your email within 24 hours. Appointments may be made for an online conversation with the College Counsellor whilst children are studying at home.

### **Kinder – Grade 4**

Pastoral Coordinator: Matt Gardiner

Email: [matt.gardiner@catholic.tas.edu.au](mailto:matt.gardiner@catholic.tas.edu.au)

### **College Counsellor**

Joanna Orchard

Email: [joanna.orchard@catholic.tas.edu.au](mailto:joanna.orchard@catholic.tas.edu.au)

### **Deputy Principal**

Email: [susan.mcgann@catholic.tas.edu.au](mailto:susan.mcgann@catholic.tas.edu.au)



## Teaching Staff Contact Details

<b>Name</b>	<b>Email</b>	<b>Notes</b>
Joe Sandric	joseph.sandric@catholic.tas.edu.au	Not available Tuesdays
Susan McGann	susan.mcgann@catholic.tas.edu.au	
Gab Fisher	gabrielle.fisher@catholic.tas.edu.au	
Matt Gardiner	matt.gardiner@catholic.tas.edu.au	
Belinda Frost	belinda.frost@catholic.tas.edu.au	Not available Tuesday & Friday
Grace Gardiner	grace.gardiner@catholic.tas.edu.au	Not available Thursday & Friday
Rachel Honner	rachel.honner@catholic.tas.edu.au	Not available Monday & Wednesday
Nat Brook	natalie.khoury@catholic.tas.edu.au	
Cristy Mahony	cristy.mahony@catholic.tas.edu.au	
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Jonathan Horne	jonathan.horne@catholic.tas.edu.au	
Megan Hickey	megan.hickey@catholic.tas.edu.au	Not available Thursday & Friday
Melissa Scharvi	melissa.scharvi@catholic.tas.edu.au	Not available Monday - Wednesday
Carol Reynolds	carol.reynolds@catholic.tas.edu.au	
Tammy Telley	tamara.telley@catholic.tas.edu.au	
Carmel Sills	carmel.sills@catholic.tas.edu.au	Only available Wednesday
Nikita Williams	nikita.williams@catholic.tas.edu.au	
Joshua Clark	joshua.clark@catholic.tas.edu.au	
Allison Twining	allison.twining@catholic.tas.edu.au	Only available Friday until 12:30
Nicole White	nicole.white@catholic.tas.edu.au	
Marla Leitch	marla.leitch@catholic.tas.edu.au	Not available Monday & Tuesday morning
Jacynth Cornish	jacynth.cornish@catholic.tas.edu.au	Not available Monday - Wednesday
Anne McWatters	anne.mcwatters@catholic.tas.edu.au	
Andrea Reece	andrea.reece@catholic.tas.edu.au	Not available Monday & Tuesday
Laura Lane	laura.lane@catholic.tas.edu.au	Not available Tuesday & Friday