



Supporting Student Wellbeing in Remote Learning
A Guide for Students
2021

Your Daily Actions

- Check Direqt Messages regularly
- Log into all your timetabled classes, beginning with homeroom at 8:45
- Respond to the Direqt Message roll call for every lesson
- Check emails
- Make a plan

Your Daily Responsibilities

- Complete tasks to the best of your ability
- Do your best to meet timelines, commitments and due dates
- Communicate with your teachers often
- Support your classmates in their learning
- Follow normal learning and behaviour expectations.

How is your learning environment?

Every home is different. By now you would realise that it's important to have a quiet and comfortable learning space. You may have a regular place for doing homework under normal circumstances, but it may not be suitable for long periods of time.

The kitchen bench or table is usually best. These spaces are preferable over a bedroom.

Your learning space should:

- Be quiet at times
- Have a strong internet signal, if possible
- Be visible to parents/carers

Have you sorted your routine yet?

It is important to establish routines like any school day including waking up, having breakfast and being ready by 8:30am.

- Start your school day by checking your Direqt Messages and then make a plan.
- Make a healthy lunch before homeroom
- Log on to homeroom and have the roll taken at 8:45am every day
- Take exercise breaks
- Drink plenty of water
- Keep normal bedtime routines

Student Wellbeing

Summary

- **Look after yourself**
- **Stay connected**
- **Do the daily wellbeing check-in**
- **Wellbeing tips**
- **Counselling**
- **Crisis support**

During remote learning you must look after your spiritual, social, emotional and physical wellbeing.

It is important that you stay connected with your teachers and friends.

Your homeroom teachers will send you a daily wellbeing check-in survey to see how you are and you are expected to reply. If you do not reply there will be some degree of concern and homeroom teachers will call home to check if everything is alright.

Some helpful wellbeing tips and activities will be provided by your Homeroom teacher. These tips may assist you with a range of wellbeing topics that you will benefit from. As always, maintaining routine, a healthy diet and regular exercise will keep you in good stead to remain healthy.

The support from your Year Level Leaders will continue and we encourage you to communicate with them via email or direct message. Whether it is in regards to your own, your families or your friend's wellbeing, they will continue to support you. You are encouraged to reach out to your homeroom teacher in the first instance or make contact with any of the wellbeing leadership team.

Our Counselling Team will be checking in with students who have been connected before the school closure. If you or someone else you know needs counselling support during this time, you are welcome to make contact with our Counselling Team, or make a self-referral through SEQTA.

If you require crisis support, or need to speak with someone immediately, please contact one of the following, or contact your local doctor

- **Kids Help Line** - Ph: 1800 55 1800 (open 24hrs)
Access web and email counselling via <http://www.kidshelpline.com.au/teens/>
- **EHeadspace** - Ph: 1800 650 890 (open 9:00am – 1:00am).
Access chat service or email counselling via <https://www.eheadspace.org.au/> or <https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

- **Lifeline** - Ph: 131 114 (open 24hrs).
- **Child and Adolescent Mental Health Service Triage** - Ph: 4215 8600 (9:00am-5:00pm, Mon–Fri)

Managing Screen Time and Online Safety

It is important you keep a balanced approach to learning at home.

Time spent using laptops should be broken up with physical exercise and offline learning tasks. It is recommended that you often take exercise breaks. These may be suggested by your teacher or you can incorporate them into your daily plan.

Your teachers will be providing you with learning tasks during normal class time. You will be expected to be at your computer and logged on to the lesson whenever your class is taking place.

It is also important that during this period of remote learning we maintain safe and responsible use of information and communication technologies.

This includes:

- the appropriate use of digital platforms, privacy and information protection
- respectful online communication

The Australian Government have recently created on-line reporting pathways for young people who experience on-line abuse. <https://www.esafety.gov.au/report>

This includes

- Cyberbullying
- Image based abuse
- Illegal or harmful information

Ensure your parents/carers and family members are aware of the school expectations when working online. Talk with your parents and develop family expectations for screen time, sharing working spaces, using security controls and boundaries for social media use.

What to do if you feel unsafe online

- If you feel unsafe online or an incident occurs, stay calm and don't try to deal with the situation alone.
- Let your parents/carers, teacher or other adult know as soon as possible.
- Report the incident following school procedures