**Home Learning Program**

**Welcome to Sacred Heart Primary School Home Learning Program**

This how-to guide will help you to transition smoothly to the Sacred Heart Primary School Home Learning and Wellbeing Program.  Reminder that after today the students are on extended holidays and this will not be implemented until Term 2 if needed.

Dear Families,

The health and wellbeing of all members of our community is of paramount importance. With COVID-19 (coronavirus) continuing to make headlines, it is natural to be concerned about our school community.  We want to express our gratitude to all of you for the positive and calm approach at this time of uncertainty and how you are looking out for each other.

At this time, we do not have any reported cases of COVID-19 within our community. However as directed by the State Government school holidays will commence starting Tuesday 24th March, meaning that students are not required to complete school work until the commencement of Term 2, Wednesday 15th April or as directed by the State Government.

If it is announced that all schools are to be closed from the beginning of Term 2 we have prepared information to enable a smooth transition into our Home Learning Program and more information will be provided to families as we prepare for this to occur.

We understand there may be some students and parents that are feeling uneasy, so it is important to keep the following in mind. The aim is for the learning to continue with minimal disruption.  The teachers have been working hard behind the scenes preparing the students Home Learning Program.

Wellbeing is an important part of your child’s education. At school the students spend time with their friends, classmates and teachers, building relationships, working in teams, socialising and learning the skills to support their wellbeing. This will be more challenging during Home Learning.

To support students Home Wellbeing, the school has implemented several practices and sourced information which are outlined below.

Guidelines for Home Wellbeing

* The school will be in continuous contact with families.
* Class teachers will provide an opportunity for students to be connected via online meetings with the class
* Teachers will provide Wellbeing lessons for students
* All teachers will be available via email (all emails provided below)

You should look after you and your child/rens own social and emotional wellbeing whilst undertaking Home Learning. This includes keeping healthy habits such as regular sleep, eating well, physical exercise and monitoring screen time.

Wellbeing Tips

Suggested activities for families and students:

* Practise breathing and mindfulness exercises via the apps listed below or any wellbeing apps available online
* Mindfulness colouring
* Plan a fun activity for each day for example watch a movie, play a board game, go for a walk, listen to music, do a jigsaw puzzle
* Keep in contact with friends and relatives via phone; give someone a call and have a chat
* Try a new hobby
* Make sensory toys together - Pinterest have some great ideas
* Make a schedule of the days with regular breaks built in
* Make time for some movement in your day! Some suggestions: Just Dance, go for a walk outside even just around the block, try some Yoga on Youtube

At the end of the day sit down and talk through “challenges and triumphs” of the day as a family.

Online Resources

We recommend the following websites and apps below to support your wellbeing during our Home Learning Program and manage the changes to your daily life as a result of COVID-19.



<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>



<https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>

<https://www.beyondblue.org.au/get-support/staying-well/relaxation-exercises>

24/7 call service, Online chat 3pm-midnight every day. **1300 22 4636**



<https://www.smilingmind.com.au/smiling-mind-app>



<https://www.calm.com/signup-flow>



<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>



A free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. **1800 55 1800**

Should you or your child require additional support in relation to wellbeing whilst undertaking Home Learning, please contact your child’s classroom teacher or Student Wellbeing Leader via email.

Your Daily Learning Guide

Reminder that this will start after the holiday period if needed. More information will be provided at this time. We acknowledge that families may not have access to various sources so we ask that you contact the class teacher via email if there are restrictions or concerns with your child completing work or keeping up with the Home Learning program. Students learn and work at different paces and levels so please ensure you communicate with the school any concerns. We will endeavour to provide some resources, especially in the younger levels, that are hard copy documents and not all online activities.

If you have technical difficulties or restrictions please contact Sandy Morgan.

**Home Learning Program**

**Information for Students**

Welcome to your Home Learning program! We are all excited by learning in new ways using our existing and new platforms.

This how-to guide will help you to establish a routine for your home learning and ensure that our school Child Safety and Protection Protocols continue to be met.

**Setting up your study space**

* Set up your study space in a shared area in your family home.  We suggest you avoid using your bedroom, this is a place for sleep and relaxation.
* Be aware when using online meetings that your teacher and the other students in your class are able to see you and your surroundings.
* Ensure you have everything you need such as stationery, books, headphones, before your learning begins.

**During School Hours**

* Wear appropriate casual clothes when using online meetings
* Follow your teacher's instructions to engage in and complete tasks and activities. This may include independent learning such as researching, watching clips, worksheets and other activities as determined by your teacher.
* Seek help and guidance from your teachers throughout the normal school day via email to ensure that you know what to do and what is expected.
* We know that flexibility and patience is required throughout our home learning program, so don’t be afraid to ask for help.
* Your physical and mental wellbeing is paramount for your learning. You are encouraged to take breaks, make time for exercise, rest, relaxation, leisure and make time for your family.

**Staff Emails**

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| --- | --- | --- | --- | --- | --- |
| **Title** | **First Name** | **Last Name** | **EMail** | **Role** | **Class** |
| Mr | Patrick | ASHWORTH | pashworth@shdiamondcreek.catholic.edu.au | Teacher | 12 PA |
| Mrs | Suzie | COLLINS | scollins@shdiamondcreek.catholic.edu.au | Part Time Teacher | Visual Arts |
| Mrs | Jacinta | DALTON | jacintad@shdiamondcreek.catholic.edu.au | Part Time Teacher | 34 JD |
| Mrs | Helen | MAXEY | hmaxey@shdiamondcreek.catholic.edu.au | Part Time Teacher | 34 JD & 34NJ |
| Mrs | Allison | GARRARD | agarrard@shdiamondcreek.catholic.edu.au | Education Support Officer | Administration |
| Mrs | Gemma | GREENWOOD | ggreenwood@shdiamondcreek.catholic.edu.au | Part Time Teacher | Prep NG |
| Mrs | Norah | JACOMBS | njacombs@shdiamondcreek.catholic.edu.au | Part Time Teacher | 34 NJ |
| Ms | Claire | JAMES | cjames@shdiamondcreek.catholic.edu.au | Teacher | 56 CM |
| Mrs | Gloria | LEWIS | glewis@shdiamondcreek.catholic.edu.au | Education Support Officer |  |
| Mrs | Helen | MAXEY | hmaxey@shdiamondcreek.catholic.edu.au | Part Time Teacher | 56 CM & 56 RM |
| Mrs | Brenda | MCMAHON | bmcmahon@shdiamondcreek.catholic.edu.au | Library Technician |  |
| Mrs | Rosanne | MITROVSKI | rosannem@shdiamondcreek.catholic.edu.au | Teacher | 56 RM |
| Miss | Olivia | MODINE | omodine@shdiamondcreek.catholic.edu.au | Part Time Teacher | LOTE |
| Mrs | Sandra | MORGAN | smorgan@shdiamondcreek.catholic.edu.au | Teacher | Learning Diversity Support |
| Mrs | Gina | MURPHY | gmurphy@shdiamondcreek.catholic.edu.au | Deputy Principal/Wellbeing/Teacher |  |
| Mrs | Rachel | MURPHY | rmurphy@shdiamondcreek.catholic.edu.au | Education Support Officer | Performing Arts |
| Mrs | Claudia | NEALE | cneale@shdiamondcreek.catholic.edu.au | Teacher | 12 CN |
| Mrs | Kerry | NEILSON | kneilson@shdiamondcreek.catholic.edu.au | Part Time Teacher | Prep NG |
| Mr | Jim | O'SULLIVAN | josullivan@shdiamondcreek.catholic.edu.au | Principal |  |
| Mrs | Helen | PENDRY | hpendry@shdiamondcreek.catholic.edu.au | Education Support Officer |  |
| Mrs | Cinzia | EGODAGAMAGE | cinziae@shdiamondcreek.catholic.edu.au | Part Time Teacher | Learning Diversity Support |