



# PARENT GUIDE TO HOME SCHOOLING



## HAVE A ROUTINE AND SET EXPECTATIONS TOGETHER

Teachers will provide a weekly timetable which you can follow, or adapt for your family situation. Maintaining wake up, break, food and exercise times is important for optimal learning and wellbeing.



## SET UP A WORK SPACE WITH YOUR CHILD

Create a quiet, comfortable area with as few distractions as possible. Shared family areas are preferable to bedrooms which can be isolating and harder to monitor.



## PROVIDE SUPERVISION SUITABLE TO YOUR CHILD'S NEEDS

Ask your child about their learning tasks. Questions help your child to process and clarify instructions. They also help you gauge how well they understand their tasks.



## BE AWARE OF COMMUNICATIONS FROM TEACHERS

Teachers will use Connect to send messages to parents and Seesaw to post content to students. Check in with these daily to keep up-to-date.



## CHECK IN AND HELP YOUR CHILD REFLECT ON THEIR LEARNING

Each day, help your child reflect on their learning. Ask what they learnt. What was tricky? What went well? What help do they need to make tomorrow even better?



## MAINTAIN A BALANCE OF ONLINE AND OFFLINE ACTIVITIES

Just like at school, balance online and offline activities. Break up screen time with regular (hourly) exercise breaks.

SOURCE

