

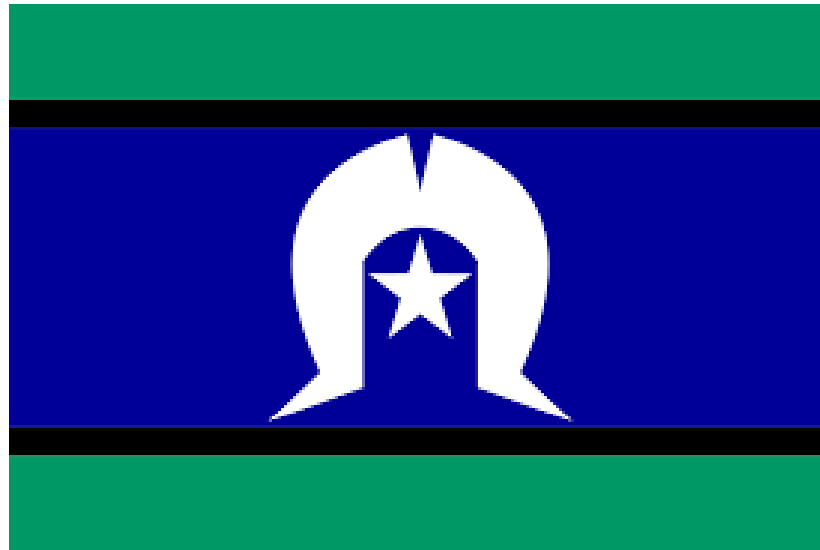


Remote Parents Group

Supporting your family during
Remote Learning

Welcome to Country

We would like to acknowledge the Traditional Owners of the land on which we are gathered and pay my respects to their Elders both past and present.





Principals Message -Enza Calabro

Dear parents and guardians welcome to our online parent's meeting. My name is Enza Calabro and I am proud to be the principal of Noble Park English Language School.

Covid-19 has had a profound impact on our world and on our students. During this time we have supported students by:

- Providing each student with a device if they did not have one at home.
- Teachers connect with students each day and give them the work for that day.
- Give students extra support if needed.
- PE programs each week
- Science and maths specialist classes for secondary students.
- Providing some fun activities for students to do each week

We know many families are going through a difficult time. We are here to help your child and assist families to connect with services if they need additional help during this difficult time. Please contact the school if you need assistance so we can connect you with the relevant organisations.

This pandemic will not last forever. In the meantime we must work together to assist your child. We are here to help and together we will support your child to provide hope for your child and help them through this difficult time.

Regards,

Enza Calabro, Principal



Today's Parents Group

- ▶ We will be showing you presentations created by Students from Noble Park English Language School.
- ▶ We will be discussing:
 - ▶ Staying Fit and Healthy during Lockdown
 - ▶ Supporting your Child/ren during Remote Learning
 - ▶ Looking After your Health and Wellbeing
 - ▶ Upcoming Online School Holiday Programs for you children.



A friendly reminder: COVID-19

Stage 4 restrictions are now in place in metropolitan Melbourne

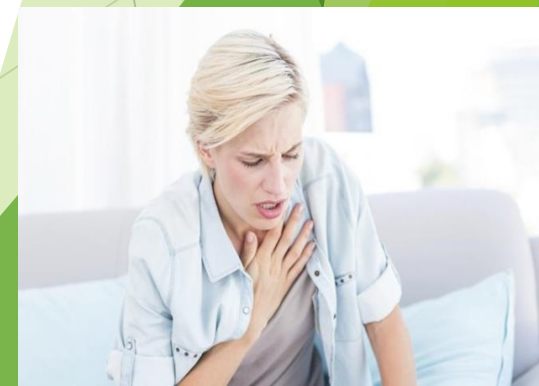
► If you live in metropolitan Melbourne, Stage 4 restrictions now apply:

- **You must stay home between 8pm and 5am.**
- Exercise is limited to once a day, for one hour.
- Shopping is limited to one person, once a day.
- Whenever you leave the house, you must stay within 5km of your home.
- All Victorians must wear a face covering whenever you leave home, unless you have a lawful reason for not doing so.



COVID Symptoms

- fever
- respiratory symptoms
 - coughing
 - wheezing
 - sore throat
 - shortness of breath



Testing, Masks, Temperatures, stay at home until results.

- ▶ You must carry a face covering with you unless you have a lawful excuse for not wearing a face covering such as a medical condition or are under the age of 12.
- ▶ **Get tested** at a nearby testing location if you have any of the symptoms. **Find out where to get tested, visit vic.gov.au/CORONAVIRUS -** Return home immediately.
- ▶ Wait for your test results. Do not go to work or go out shopping, stay at home. It usually takes between 1 and 3 days for your results to be returned to you. You will received a Text Message.
- ▶ If you test negative, go about your normal activity, following the restrictions for your location.
- ▶ If you test positive you will be contacted. You will need to self-isolate for 14 days. Do not go to work.





Other Tips

Wash your hands with soap and water



Keep your hands away from your eyes, nose, and mouth.



SOCIAL DISTANCING



Supporting your children's learning at home.

Routine and Structure

- ▶ Routines are important for both you and your children. Routines tell children what to expect, and they support parents to set boundaries.
- ▶ Some routines that must be kept during Remote Learning:



- Regular Bedtimes



- Mealtimes



- Waking up to prepare for the day.



Ready to learn at 8.45am



- Go outside at Break Times

Class Finished? Encourage your child/ren to:



- Talk to family members & Friends



- Get moving!

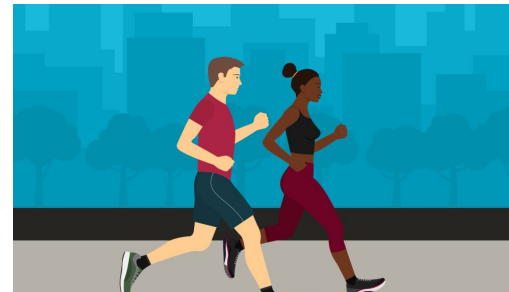


- Eat lunch together!



- Get some fresh air!

Encourage students to complete work by 3:30pm. Set time aside after “school” for relaxation.





The Home learning Environment

Children learn better in a calm learning environment. Help them to organise their **books**, **laptops** and **iPads** in a space to work.



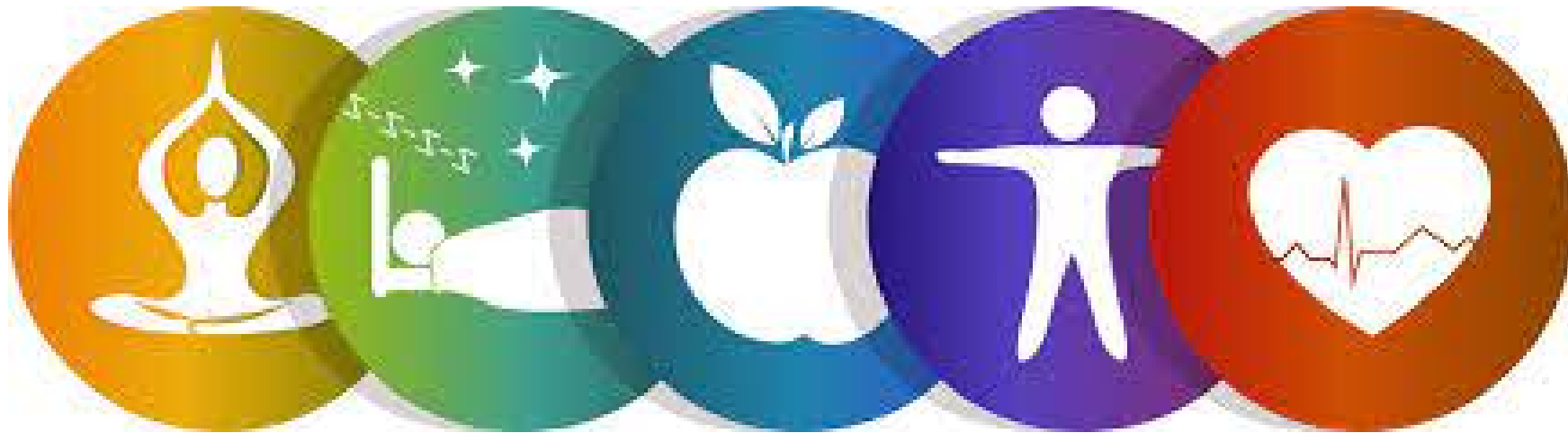
If possible, try to minimise distractions and disruptions during class time.



Helping your Children during Remote Learning

- ▶ Read the task with them and talk about what they have to do.
- ▶ Give them time to think. Rather than tell them an answer, prompt them to work it out themselves
- ▶ Encourage students to participate in discussion and answer questions posted by teacher or classmates, this will help students improve their language and their confidence.
- ▶ Encourage them to send a message to their teacher for help. Their teacher is here to support them.





Looking After Everyone's Health & Wellbeing

Hints and Tips for you and your family

► Eating healthy:

- Fruit, Vegetables, Meat, Grains, Dairy
- Reduce the chances of getting sick
- Drink Water



Importance of Sleep

- Sleep cycle – Recommended 8-10hrs
- Following a Routine of Sleep:
 - Regular Bed Time each day
 - Regular Wake Up Time each day
- Limit Electronic Screen Time – 2 hours a day (Outside of School Lessons.)



Get Social



- Friendships play a critical role in our happiness
- Positive social connections can help people to improve and maintain good mental health
- Video calls with Friends
- Online activities
- Social media – talking with friends.



Staying Fit & Healthy



- Children – Recommended **1 Hr.** of Physical Activity **Each Day**
- Adults – Recommended **30 minutes** of Physical Activity **Each Day**



Different ways for you and your family to stay fit around the House! - Lift your Heart Rate

- Washing up
- Ironing
- Mopping the floor
- Changing beds
- Mowing the lawn
- Rearranging furniture
- Cooking



Upcoming Online Holiday Activities

Monday 28 September – Friday 2 October 2020

- **Bookings open 31 August 2020**
- **Call 9793 2155 for booking**
- **14 activities**

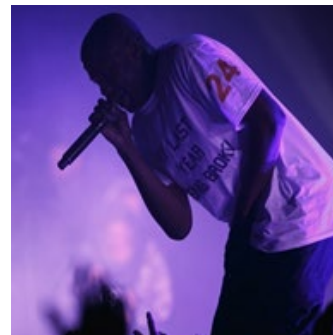
For 12 – 25 year olds



Holiday Activities

Activities:

- ☐ Make bracelets
- ☐ Make mug cake
- ☐ HIIT training
- ☐ Make lyrics
- ☐ Game afternoon
- ☐ Trivia
- ☐ And many more



How to register?

Check out website

<https://youth.greaterdandenong.com/content/21271/holiday-activities>

Our Facebook

www.facebook.com/cgdyouthservices

Our Instagram

www.instagram.com/greaterdandenongyouthservices



Thankyou for Attending

- ▶ If you have any questions, please ask your MEA or Leadership Team member who is in this Webex Meeting.
- ▶ Thankyou for attending