

Distance Learning at Wenona

Guidelines for Parents

1. Establish routines and expectations

From the first day of school closure, your daughter(s) should begin her studies at 8:20am and is expected to maintain normal school day routines as far as possible. It is important that parents set these expectations for how students will spend their days starting as soon as distance learning is implemented, not several days later after it becomes apparent a child is struggling with the absence of routine.

2. Define the physical space for the student's study

We encourage families to establish a space/location where students will learn most of the time. This should not be in a bedroom for video conferencing times. It should be a place that can be quiet at times if possible.

3. Communications from students' teachers

Teachers will communicate with parents through email, when and as necessary. The frequency and detail of these communications will be determined by the students' ages, maturity and their degree of independence. Parents are asked to be proactive in communication with the School.

4. Begin and end each day with a check-in

Students will be required to start and finish each day with a simple check-in with their PC or classroom (for Junior School) teacher. The teacher will establish a forum of communication to identify and discuss the plans for the day. At the conclusion of the school day, students may be asked to complete a short questionnaire/evaluation. In this environment of learning we encourage parents to establish check-ins as regular parts of each day.

5. Encourage physical activity and/or exercise

Make sure students remember to move and exercise. This is vitally important to their health, wellbeing, and to their learning. Recess and lunch are important breaks in the school day and to be off screen.

6. Remain mindful of students' stress or worry

As a result of the change in the students' routine and the absence of the safety net of School, some students may experience increased levels of worry. If so, we encourage parents to contact members of the Pastoral Care Team or the School Psychologists.

7. Keep your daughters social, but set rules around their social media interactions

If Wenona implements distance learning, the initial reality of School being closed will fade quickly when students start missing their friends, classmates and teachers. Please help your daughter maintain contact with friends and see them in person when circumstances permit. Please also monitor social media use, especially during an extended school closure.

For queries about	Contact
a subject, assignment or resource	the relevant classroom teacher
a technology-related problem or issue	email ICTHelp@wenona.nsw.edu.au
a personal or social-emotional concern	your daughter's Class Teacher in Kindergarten to Year 6 and Year Coordinator or Heads of School in Years 7 to 12