



Department of
Education



Learning at home

Support and information for families with children
learning at home

Contents

- 3 Introduction
- 4 Your child's health and wellbeing
- 5 Support for children and young people
- 6 Mental health and wellbeing applications
- 7 Supporting learning and wellbeing in the home
- 8 Tips for setting up your child's learning environment
- 10 Resources for children in Kindergarten to Year 2
- 12 Resources for children in Years 3 to 6
- 14 Resources for children in Years 7 to 10
- 16 Resources for young people in Years 11 to 12
- 18 Taking care of yourself

TITLE: Learning at home: Support and information for families with children learning at home
ISBN NO: 978-0-7307-4739-0

© Department of Education, Western Australia 2020

This publication may be freely copied in whole or part and in any format in an education institution for non-commercial educational purposes. This material is available on request in appropriate alternative formats. For further information contact:

Department of Education

A: 151 Royal Street, East Perth, 6004

T: 9264 4111

W: education.wa.edu.au/learning-at-home

We acknowledge the traditional custodians of the lands on which our students live and are educated.



Introduction

During these unprecedented times, we need to do some things differently in our schools to maintain learning and to keep our students and staff safe. This resource has been created for you – to help you navigate your child’s learning while at home. It has lots of information, resources and advice for you and your child.


These and many more resources are available on our website at education.wa.edu.au/learning-at-home. We encourage you to visit our website for more information and ideas for your child’s year level – it is regularly updated with new resources.

Work packages for your child will be supplied by your school. This information is designed to support these packages. If you need advice or support while your child is learning at home, your school or Education Regional Office is best placed to assist you. You can find your Education Regional Office on Schools Online.


Department of Education


 education.wa.edu.au/learning-at-home

Schools Online

 education.wa.edu.au/schoolsonline


WA Department of Health

 1800 020 080

 health.wa.gov.au/coronavirus

Parent helpline

8.00am to 4.00pm

 1800 882 345

 CoronaVirusSupport@education.wa.edu.au



Your child's health and wellbeing

Many children are aware of the impact of coronavirus (COVID-19) and may pick up on the concerns and anxiety of others.

This could be through listening and watching what is happening at school, at home or online. It is important you speak with your children about their concerns.

What you can do:


- Try and model calmness when talking with your children and family.
- Talk with your children about how they are feeling. Listen and reassure them.
- Talk with your children about COVID-19. Answer their questions as honestly as possible. This may help to address their fears and reduce anxiety.
- Limit media exposure—frequent exposure to media may increase fear and anxiety.
- Focus on what you are doing as a family to stay safe. Give your children clear information about how to reduce their risk of infection in words they can understand, as this will give them a sense of control.
- Spend time together and keep to routines as much as possible or help create new ones. Make time for playing and relaxing. Have fun together.
- Look out for signs of distress—children may respond to stress in different ways. This may include changes to their sleeping patterns, change to appetite, loss of independence, eg increased clinginess, wanting to be close to adults or an increase in anger, irritability, anxiety and/or fear.
- Try and maintain a healthy lifestyle.



Support for children and young people

Kidshelpline


Kidshelpline provides a free, private and confidential 24/7 phone and online counselling service for people aged 5-25.

 1800 55 1800

 kidshelpline.com.au

headspace


Counselling for young people 12-25 years. 9am-1am (Melbourne time) 7 days a week.

 1800 650 890

 headspace.org.au/eheadspace

Youth Beyond Blue

Counselling for young people 12-25 years. Phone available 24/7. Online 3pm-12am AEST


 1300 22 636

 youthbeyondblue.com

Samaritans Youth Helpline

Counselling for young people 12-25 years. Available 24/7.


 1800 198 313

 support@thesamaritans.org.au

Urgent mental health support for children and young people

The urgent mental health telephone support line provides support for children and young people under the age of 18 years and their families.

This is available 24/7

 1800 048 636



Mental health and wellbeing applications

Smiling Minds

Smiling Minds has developed a guide to manage stress and anxiety during these uncertain times.

 smilingmind.com.au

Mood Gym

Moodgym is an interactive self-help program that provides cognitive behaviour therapy (CBT) training to help users prevent and cope with depression and anxiety.

 moodgym.com.au

Niggle by Kidshelpline

A wellbeing app to help children and young people capture their niggle and do something about it.

 kidshelpline.com.au/niggle

Thrive Inside with Smiling Minds

A special initiative to help you stay calm and healthy in the physical constraints of your home, while remaining calm and healthy inside your mind.

 smilingmind.com.au/thrive-inside

Bite back: Black Dog Institute

Biteback is an online positive psychology program designed to improve the overall wellbeing of young Australians between 13 and 16 years.

 biteback.org.au

The Brave Program

The BRAVE program by the University of Queensland is for young people aged 8 to 17 years and their parents to support with anxiety. There are four different programs respectively.

 brave4you.psy.uq.edu.au



Supporting learning and wellbeing in the home

Being in a confined space for a long period of time may lead to added stress and conflict in the home.

What you can do:

Reassure

- Talk to your family about what is happening. Understanding the situation may reduce their anxiety.
- Help your children think about how they have coped with difficult situations in the past and reassure them. Discuss different ways children and adults react to different stressful situations.
- Remind them that isolation will not last for long, but is necessary for their ongoing safety.

Engage

- Exercise regularly as it is a proven way of reducing stress and depression. Be creative. This could include exercise videos, dancing, yoga, walking around the backyard or using home exercise equipment.
- Plan time for structured family activities, schoolwork and play. Keep a normal routine where possible.

Connect

- Encourage your children to keep in touch with family members and friends via telephone, email or where appropriate, social media.
- Communicate with your children's school often as they will regularly update and provide you with important and current information.
- Have fun together as a family.

Remember, any decisions or actions you may take is what you consider best for you and your family. Do what you can, try and be patient with yourself, your family and others, and seek support as needed.



Tips for setting up your child's learning environment

One of the first activities you might like to do with your child is to plan and then create your home learning environment.

An environment in which your child feels comfortable and able to focus on learning will work best. You may have a regular place for your child to do their homework under normal circumstances, but this space may not be suitable for learning in for an extended period of time.

A space/location for extended learning is best if it's a public/family space, and preferably not in a bedroom. It should be a place that can be quiet at times and have a strong wireless internet signal, if possible.

Above all, it should be a space where you or another adult is able to monitor your child's learning as much as possible.

A few tips:

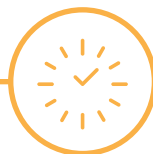
A bit of structure is good

- a suitable desk or table to work at
- access to the materials (stationery, work books) or technology they may need
- a chair that they can sit on without becoming uncomfortable too quickly, but also doesn't send them to sleep by being too comfortable—a properly sized and adjusted office chair is best
- try to make the space around them fairly clear and open, removing any tripping hazards
- think about their classroom at school and the elements of it that you can easily set up at home. Does their classroom have zones where certain activities happen? For example, a mat, a story time chair and cushions, a technology zone separate from their work desk (with enough safe power points and chords etc to power everything they need).

Reduce distractions

If you can, choose a room that your child doesn't already associate with less focussed activities (probably not the television room), reduce clutter around them, and choose a space where they are less likely to be distracted by other household activities.

Test it out—if you notice something in the room that is distracting your child while you're trying to keep them focussed, can you remove it? Or can you use it as part of the activity to engage them?



Make the space comfortable

- temperature, lighting and noise levels are all important to consider
- consider the sizes of the chairs and desks:
 - do they match your child's size?
 - do you need cushions or a booster on the chairs you have to raise your child high enough to be comfortable at the desk?
 - do you need something for them to rest their feet on so they aren't dangling? It's best if their knees are bent at 90 degrees and feet are flat on the floor when they are sitting.
 - is their lower back well supported?
 - is the computer screen (if you have one) at the right height with the keyboard and mouse positioned correctly?
- is everything they need to use regularly within easy reach of their seated position? Every time they get up is an opportunity to get distracted for some children, but others need to get up to stretch and burn off energy regularly. Work out what's right for you and your child.
- your child might like to decorate it with their school work, artwork or other accomplishments they are proud of so it is a positive environment that encourages them to learn more.

Establish a schedule

Routines make life easier as your child will be used to them at school. Together, set a timetable of activities that is reasonable for both you and your child to manage. Make sure you schedule breaks and opportunities to stretch and get some exercise.

If you are spending a lot of time on technology, make sure you include regular breaks for no-tech times, and maybe make evenings technology-free after a certain time to support their health and wellbeing.

Set up rules together (rewards and consequences)

If you both understand and agree to reasonable behavioural expectations and the consequences of either meeting them or breaking them, life will be much easier for the whole family.


Technology and equipment

Suggested equipment to help with learning at home:

- computer
- accessories such as keyboard, microphone, headphones and mouse
- an alternative device such as an ipad can also support learning
- internet access
- headphones
- pens and pencils
- scrap paper
- calculator (optional)
- ruler
- a printer may be useful but not essential.

Familiarise yourself with the curriculum and the learning platforms that your child's school uses. This may include Connect Classrooms, Webex and Office365.

Western Australian Curriculum


 parent.scsa.wa.edu.au/what-will-my-child-learn



Resources for children in Kindergarten to Year 2


Australian Children's Television Foundation

Range of content and lesson ideas for learning at home.

 actf.com.au/home-viewing

IView Education

ABC programs for students.

 iview.abc.net.au/category/education

ABC Education

ABC Education brings you thousands of free, curriculum-linked resources for primary and secondary students and teachers.

 education.abc.net.au

SBS Education

SBS learning resources.

 sbs.com.au/learn/resources


Learning from home - VIC

This site will support families and students with resources and ideas for learning at home.

 education.vic.gov.au/school/teachers/teachingresources/Pages/coronavirus-home-learning.aspx

Learning from home - NSW

This site will support families and students with resources and ideas for learning at home.

 education.nsw.gov.au/teaching-and-learning/learning-from-home

Learning at home - QLD

This site will support families and students with resources and ideas for learning at home.

 education.qld.gov.au/curriculum/learning-at-home

Learning at home -TAS

This site will support families and students with resources and ideas for learning at home.

 education.tas.gov.au/learning-at-home



Storyline Online

Storyline Online, streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations.

storylineonline.net

Digital technologies for families

This collection of lessons has been designed to complete in your home or around your local community to assist in building your child's knowledge of the digital technologies curriculum.

digitaltechnologieshub.edu.au/families/family-tasks

The Lego Story

A true story about the history of Lego which can be used as a model text for writing chronological reports or biographies.

literacyshed.com/legostory.html

Cool Australia student toolbox

This student toolbox is packed with all sorts of COOL info that will help you with your studies.

coolaustralia.org/student-toolbox

FUSE Learning at home

Support for schools and leaders, teachers, students, children and parents to access digital resources that can be used to support learning at home.

fuse.education.vic.gov.au/Pages/learningfromhome



Resources for children in Years 3 to 6

Perth Zoo - Home Excursion

Go on an excursion of the Perth Zoo from the comfort of your home.

perthzoo.wa.gov.au/zoo-home-excursion

Australian Children's Television Foundation

Range of content and lesson ideas for learning at home.

actf.com.au/home-viewing

IView Education

ABC programs for students.

iview.abc.net.au/category/education

ABC Education

ABC Education brings you thousands of free, curriculum-linked resources for primary and secondary students and teachers.

education.abc.net.au

SBS Education

SBS learning resources.

sbs.com.au/learn/resources

Smithsonian Natural History Museum – Virtual tour

The Smithsonian, National Museum of Natural History virtual tours allow visitors to take self-guided, room-by-room tours of select exhibits and areas within the museum from their desktop or mobile.

naturalhistory.si.edu/visit/virtual-tour

Learning from home - VIC

This site will support families and students with resources and ideas for learning at home.

education.vic.gov.au/school/teachers/teachingresources/Pages/coronavirus-home-learning.aspx

Learning from home - NSW

This site will support families and students with resources and ideas for learning at home.

education.nsw.gov.au/teaching-and-learning/learning-from-home

Minecraft: Education Edition

Minecraft: Education Edition is available through June 2020 for all educators and learners who have a valid Office365 Education account.

[w education.minecraft.net/wp-content/uploads/Remote-Learning-with-Minecraft-Education-Edition_Final.pdf](https://education.minecraft.net/wp-content/uploads/Remote-Learning-with-Minecraft-Education-Edition_Final.pdf)

Learning at home - QLD

This site will support families and students with resources and ideas for learning at home.

[w education.qld.gov.au/curriculum/learning-at-home](https://education.qld.gov.au/curriculum/learning-at-home)

Storyline Online

Storyline Online, streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations.

[w storylineonline.net](https://storylineonline.net)

Digital technologies for families

This collection of lessons has been designed to complete in your home or around your local community to assist in building your child's knowledge of the digital technologies curriculum.

[w digitaltechnologieshub.edu.au/families/family-tasks](https://digitaltechnologieshub.edu.au/families/family-tasks)

Indigenous Perspectives

This resource focuses on Indigenous characters and historical events linked to Indigenous affairs, government policy and public attitudes.

[w myplace.edu.au/themes/indigenous_perspectives.html](https://myplace.edu.au/themes/indigenous_perspectives.html)

The Louvre – virtual tour

Visit the museum's exhibition rooms and galleries.

[w louvre.fr/en/visites-en-ligne](https://louvre.fr/en/visites-en-ligne)

Cool Australia student toolbox

This student toolbox is packed with all sorts of COOL info that will help you with your studies.

[w coolaustralia.org/student-toolbox](https://coolaustralia.org/student-toolbox)

FUSE Learning at home

Support for schools and leaders, teachers, students, children and parents to access digital resources that can be used to support learning at home.

[w fuse.education.vic.gov.au/Pages/learningfromhome](https://fuse.education.vic.gov.au/Pages/learningfromhome)

Move it mob style

Get up and dancing with Move It Mob Style. Watch the videos to learn new dance routines.

[w moveitmobstyle.com.au/videos](https://moveitmobstyle.com.au/videos)

Resources for children in Years 7 to 10


Australian Children's Television Foundation

Range of content and lesson ideas for learning at home.

 actf.com.au/home-viewing

IView Education

ABC programs for students.

 iview.abc.net.au/category/education

TedEd

TED-Ed is TED's youth and education initiative. Education support is found in the huge range of videos that can be filtered into themes or by Learning Area.

 ed.ted.com

ABC Education

ABC Education brings you thousands of free, curriculum-linked resources for primary and secondary students and teachers.

 education.abc.net.au

SBS Education

SBS learning resources.

 sbs.com.au/learn/resources

Smithsonian Natural History Museum – Virtual tour

The Smithsonian, National Museum of Natural History virtual tours allow visitors to take self-guided, room-by-room tours of select exhibits and areas within the museum from their desktop or mobile.

 naturalhistory.si.edu/visit/virtual-tour

Moneysmart


Moneysmart's Rookie series helps young people avoid expensive mistakes or 'rookie errors' when they make their first financial decisions.

 moneysmart.gov.au/teaching-resources/rookie-credit-and-debt-digital-convo



Minecraft: Education Edition

Minecraft: Education Edition is available through June 2020 for all educators and learners who have a valid Office365 Education account.

 education.minecraft.net/wp-content/uploads/Remote-Learning-with-Minecraft-Education-Edition_Final.pdf

The Louvre – virtual tour

Visit the museum’s exhibition rooms and galleries.

 louvre.fr/en/visites-en-ligne

Cool Australia student toolbox

This student toolbox is packed with all sorts of COOL info that will help you with your studies.

 coolaustralia.org/student-toolbox

FUSE Learning at home

Support for schools and leaders, teachers, students, children and parents to access digital resources that can be used to support learning at home.

 fuse.education.vic.gov.au/Pages/learningfromhome

Teenage boss

Hosted by Australia’s star mathematics teacher, Eddie Woo, follow fifteen teenagers from across Australia, as they take control of the family finances for a month.

 abc.net.au/tveducation/programs/teenage-boss

Move it mob style

Get up and dancing with Move It Mob Style. Watch the videos to learn new dance routines.

 moveitmobstyle.com.au/videos

Science by Doing

Comprehensive online science learning free to all Australian students and teachers and presents science in an engaging, guided inquiry-based approach to lift student interest and understanding.

 sciencebydoing.edu.au



Resources for young people in Years 11 to 12

SBS Education

SBS learning resources.

[w sbs.com.au/learn/resources](https://www.sbs.com.au/learn/resources)

Australian Children's Television Foundation

Range of content and lesson ideas for learning at home.

[w actf.com.au/home-viewing](https://www.actf.com.au/home-viewing)

IView Education

ABC programs for students.

[w iview.abc.net.au/category/education](https://www.iview.abc.net.au/category/education)

Online shopping and banking

Students learn about the issues associated with shopping online and how to protect themselves.

[w moneysmart.gov.au/teaching-resources/rookie-online-shopping-and-banking-digital-convo](https://www.moneysmart.gov.au/teaching-resources/rookie-online-shopping-and-banking-digital-convo)

ABC Education

ABC Education brings you thousands of free, curriculum-linked resources for primary and secondary students and teachers.

[w education.abc.net.au](https://www.education.abc.net.au)

Moneysmart

Moneysmart's Rookie series helps young people avoid expensive mistakes or 'rookie errors' when they make their first financial decisions.

[w moneysmart.gov.au/teaching-resources/rookie-credit-and-debt-digital-convo](https://www.moneysmart.gov.au/teaching-resources/rookie-credit-and-debt-digital-convo)

Take Home Tips - Mathematics

Take home tips for families and carers to assist students with mathematics at home.

[w careers.amsi.org.au/take-home-tips](https://www.careers.amsi.org.au/take-home-tips)

Telling the history of Australians serving in our defence forces.

Oral history interviews are a great technique to learn about wartime experiences through the eyes of a veteran or someone else who remembers the war.

[w anzacportal.dva.gov.au/research-education/oral-histories](https://www.anzacportal.dva.gov.au/research-education/oral-histories)




Taking care of yourself

It is important during this time that adults take time to look after themselves so they can look after children.

This will be a prolonged process so we have to be explicit about adults maintaining their sense of positive wellbeing.


Head to Health


Head to Health provides links to trusted Australian online and phone supports, resources and treatment options for all adults and young people.

 headtohealth.gov.au

Crisis Care

Crisis Care is a telephone information and counselling service for people in crisis needing urgent help. It operates after hours, 7 days a week.


 9223 1111

 1800 199 008 (country free call)

Crisis Care can be accessed through the translating and interpreting service on 13 14 50.

Mental Health Emergency Response Line

For anyone involved in a mental health emergency in the community – including individuals, families/carers, member of the general public or health professionals.

 Metro: 1300 555 788


Peel: 1800 676 822


Rural Link: 1800 552 002

TTY: 1800 720 101

Lifeline

Adult service for crisis and suicide prevention.

 13 11 14 (24 hours, 7 days)


 Text: 0477 13 11 14 (6pm – midnight AEDT, 7 nights)


 Chat online: lifeline.org.au/crisis-chat (7pm - midnight, 7 nights)

Ngala Parenting Line

Ngala Parenting Line supports families of children from birth to 18 in WA.

8am – 8pm, 7 days a week

 9368 9368 (metro)

 1800 111 546 (regional)

 ngala.com.au/service/ngala-parenting-line

Rural Link

Rural link is a specialist after hours mental health telephone service for people in rural communities of Western Australia. The support line can assist:

T 1800 552 002

Availability:

4.30pm – 8:30am Monday to Friday

24 hours Saturday, Sunday and public holidays.

During business hours you will be connected to your local community mental health clinic.

Mental Health Online

Mental Health Online provides comprehensive and effective online services and programs free of charge.

W mentalhealthonline.org.au

Carers Australia

Short-term counselling and emotional and psychological support services for carers and their families in each state and territory.

T 1800 242 636

W carersaustralia.com.au

1800Respect

Confidential information, counselling and support service. Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.

T 1800 737 732

NRS: 1800 555 677

Interpreter: 13 14 50

W 1800respect.org.au

QLife


QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

T 1800 184 527

W qlife.org.au



Department of Education

 education.wa.edu.au/learning-at-home