

YOUR  
PATHWAY  
YOUR  
FUTURE

2020

# PARENT HANDBOOK: A GUIDE TO SETTING UP HOME LEARNING.



Education &  
Communities

Public Schools NSW



*Five Islands*

SECONDARY COLLEGE

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## A MESSAGE TO PARENTS AND CARERS

Welcome to “Setting up Home Learning”.

During these complex times we may be asking ourselves questions about how we can best support our child’s learning at home when we have never had to do this before.

At FISC we have created a package as a suggestion in the hope that we will support your questions on:

- ✓ **Why are we doing this?** We at FISC are trying our best to provide various platforms of support for learning in an attempt to give our student a “continuous learning path” during COVID-19 especially our HSC students as NESAs has advised that the HSC for 2020 will still be going ahead (current at 25/3/2020)
- ✓ **How will I do it?** Support structures are available in this package addressing planning, access codes for digital classes, information regarding assessment for classes, and additional support information
- ✓ **Who can I contact?** Teaching staff and Counsellors can be contacted via digital platform or by **phone during office hours** (02) 42 740 621.
- ✓ **When can I contact?** We will endeavour to promptly answer your questions, but please be mindful that we may experience high volumes of requests and we will get back to you as soon as reasonably acceptable.

Gordana Sterjovska  
Rel Deputy Principal

## LEARNING PLATFORMS AND ASSESSMENT AT FISC

Here are the learning platforms and assessment requirements. For additional information please access our Facebook page OR Webpage to down information.

Faculty	Teacher	Class	Platform	Code	Assessment
Maths	Lauren	12 Advanced Maths	Google Classroom	ys5fubh	done
		12 Standard 1 Maths	Google Classroom	23kzii6	done
		11 Standard Maths	Google Classroom	<a href="#">jxmcym1</a>	postponed
	Gordana	10 Maths	Google Classroom	rsanzv7	postponed
		12 Standard 2 Maths	Google Classroom	ajhufa4	done
		12 Standard 1 Maths	Google Classroom	23kzii6	done
Science	Sandra	10 Maths	Google Classroom	rsanzv7	postponed
		12 Physics	Google Classroom	ddd354g	done
		12 Biology	Google Classroom	<a href="#">wmcxznz</a>	done
		11 Chemistry	Google Classroom	2jud75l	done
	Cheyne	10 Science	Google Classroom	mdu6jg	postponed
		12 Investigating Science	Google Classroom	o522gz2	postponed
		12 Permaculture	Google Classroom	iw6m4u4	postponed
		11 Investigating Science	Google Classroom	it2gycj	postponed
		11 Permaculture	Google Classroom	e6rzf3a	postponed
		11 Biology	Google Classroom	q3dnupk	postponed
Brendon	11 Marine	Booklets send home	Booklets send home	postponed	

		12 Marine	Booklets send home	Booklets send home	postponed	
English	Bronya	11 English Studies	Google Classroom	tl5yzbs	Done	
		12 English Studies	Google Classroom	<a href="#">riuxtjo</a>	Part A: postponed Thurs 2 <sup>nd</sup> April (Submit via platform)	
	Cathy	11 English Studies	Edmodo	9srf9a	Done	
		12 English Studies	Edmodo	gdq9h6	Part A: postponed Thurs 2 <sup>nd</sup> April (Submit via platform)	
		11 English Advanced	Edmodo	3zpiyk	Weds 25 <sup>th</sup> March (Submit via platform)	
		12 English Advanced	Edmodo	vms4rw	Tues 31 <sup>st</sup> March (Submit via platform)	
		10 English	Google Classroom	3vnqe3r	Done	
	Melissa	11 English Standard	Google Classroom	<a href="#">fvamvms</a>	Tues 31 <sup>st</sup> March: Section 1 Section 2: postponed	
		12 English Standard	Google Classroom	szpyt7n	NIL	
		11 Drama	Google Classroom	nk5rajs	NIL	
	CAPA	Alan	10 English	Google Classroom	3vnqe3r	Done
			Tessa	11/12 Vertical Ceramics	Google Classroom	To be advised via SMS
			10 Visual Arts	Google Classroom	To be advised via SMS	NIL
		11 Visual Arts	Google Classroom	To be advised via SMS	NIL	
		12 Visual Arts			Continue 'Body of Work'	
Julie		2U/1yr HSC Photography	Google Classroom	To be advised via SMS	Postponed	
	2U/1yr Vertical Photography	Google Classroom	To be advised via SMS	Postponed		

PDHPE	Ryan	12 PDHPE	Virtual Classroom 'Zoom'		NIL
HSIE	Sean	12 Geography	Google Classroom	<a href="#">qpgsdou</a>	Topic test Term2
	Jenny P	11 Modern History	Google Classroom	<a href="#">zdw5dnp</a>	Research Task WK1 T2
		11 Ancient History	Google Classroom	<a href="#">6cgw6zy</a>	Research Task WK1 T2
		12 Modern History	Google Classroom	<a href="#">re5x4vo</a>	Research Task WK1 T2
		12 Ancient History	Google Classroom	<a href="#">Tq4utaj</a>	Research Task WK1 T2
		10 History	Booklets Mailed Home Google Classroom	Booklets Mailed home	Postponed
	Sarah	11 Legal	Google Classroom	<a href="#">hmsj57j</a>	
		11 Business	Google Classroom	<a href="#">eckwanw</a>	
		11 Retail	Google Classroom	<a href="#">lxqofsf</a>	
		12 Retail	Google Classroom	<a href="#">l3cqzis</a>	
	Neil	11 Society and Culture	Google Classroom	<a href="#">z4lzc%k</a>	Postponed
		11 Society and Culture	Google Classroom	<a href="#">zezvlcg</a>	Postponed
		12 Legal	Google Classroom	<a href="#">uuh5ddn</a>	Postponed
	Alan	Yr 10 History	Booklets sent home Google Classroom	Booklets sent home	Postponed
ACCESS	Liza	Yr 11 History	Google Classroom	<a href="#">axtwpml</a>	Postponed
		Yr 11 English	Google Classroom	<a href="#">Bpt3nq2</a>	Postponed
TAS	Jacqui	Yr 10 Exploring Early Childhood	Google Classroom	<a href="#">ntn2xdw</a>	Postponed
		Yr 11 Hospitality	Google Classroom	<a href="#">dn2ztyt</a>	Postponed

	Martin	Access classes	Worksheets sent home Google Classroom	Worksheets sent home	Postponed	
BP	Mel W	Big Picture	Google Classroom	<a href="#">cf7xxtb</a>	Portfolio and all work submitted.	
	Emily G	Big Picture	Google Classroom	<a href="#">w7b2b7c</a>	Portfolio and all submitted work.	
	<a href="#">Nathian</a>	Big Picture	Google Classroom	<a href="#">ddx3Zp2</a>	Portfolio Narrative	
	Marilyn O	Big Picture	Google Classroom	<a href="#">z4yvluuy</a>	Work submitted and portfolio	
	<a href="#">Bronya C</a>	Big Picture	Google Classroom	<a href="#">2zn2igv</a>	Portfolio and all work submitted.	
	Ryan	Big Picture	Google Classroom	<a href="#">2zn2igv</a>	Portfolio and all work submitted.	
			Big Picture		<a href="#">etax4im</a>	Tasks with an * must be submitted to Google Classroom by the end of the term.  All other work to be submitted at exhibition next term.
		Meg		Google Classroom		
	<a href="#">iEngage</a>	Paul	<a href="#">iEngage</a> 10 Literacy	Google Classroom	<a href="#">47gj4ta</a>	postponed
		Sarah	<a href="#">iEngage</a> 10 History	Google Classroom	<a href="#">Dr2uoh5</a>	Postponed
	Ryan	<a href="#">iEngage</a> Health + Science	Google Classroom	<a href="#">uuszy13</a>	Postponed	
	Melissa	<a href="#">iEngage</a> 10 English	Google Classroom	<a href="#">u6vdwrl</a>	NIL	
	Sandra	<a href="#">iEngage</a> 10 Maths	Google Classroom	<a href="#">nvow3si</a>	postponed	

# PLANNING FOR LEARNING

A suggested set up for your Home Learning Hub:

## GETTING ORGANISED AND LEARNING AT HOME

### CREATE A HOME LEARNING SPACE

Create a learning space preferably at a desk and away from distraction (Don't sit in your bed because this will be disruptive to your sleep patterns)



### GATHER YOUR WORK AND ORGANISE

Place each subject's work in an orderly system

### PLAN OUT YOUR DAY EACH MORNING

Create a plan each day of what subjects' activities that need to be completed. Use proformas attached.

### MAKE LISTS

List what you need to do and prioritise daily. Reorder from most urgent to least urgent if necessary. Then start knocking some off.

### IF MOTIVATION IS LOW

Start with something school related to help build motivation. Building momentum is the hardest part; however, if you start with a simple enjoyable task, it will help you get going.

## FACT FIND

Don't forget assessment tasks! Have all your current tasks clearly written in one place. A proforma for this is provided below called the 'fact finder'



Fact-finding involves organising all your assessment information into one place. It allows you to clearly know and understand:

- The assessments that are due over the course of the term or time period
- When they are due
- What their format is (e.g. exam, assignment, in class task etc.)
- What topics they involve
- Their length e.g. A short story for English that must be 2 pages OR an

## DON'T GET TRAPPED BY THE PHONE

avoid being easily distracted by your phone or other devices.



- turn off app notifications
- Monitor your screen time usage
- Leave your devices in another room
- Turn off your mobile phone

## REMEMBER TO KEEP ACTIVE AND HAVE BREAKS

Advice attached

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
WEEK 1						
WEEK 2						
WEEK 3						
WEEK 4						
WEEK 5						



# 5 WAYS TO STAY HEALTHY AT HOME



Take 'you' time and avoid risk factors



Aim for a consistent 8-9 hour sleep (and don't stay up too late)



Avoid sugars, salts and bad fats



Get 1 hour of exercise a day



Drink plenty of water!



# EDUCATION APPS

## APP

## ABOUT



**GRADE PROOF**

Proofreading of essays and writing directly from the browser or via the app. It has world-leading rephrasing technology that will help make documents eloquent and grammatically correct. Features include: spelling, grammar and rephrase suggestions, cross platform (browser, phone and tablet), plagiarism checks and dictionary options.



**PODCASTS**

Discover free audio stories that entertain, inform, and inspire. Explore shows you'll love from entertainment and comedy to news and sports. Podcasts can be used for study or rest.



**GRAMMARLY**

Grammarly makes sure everything you type is clear, effective, and mistake-free. There is a cost associated with the program; however, it is excellent for refining essays and even you resume.



**KHAN ACADEMY**

Khan Academy allows you to learn almost anything for free. Users can master skills through practice questions, explore thousands of topic related videos and improve their learning.



**PHOTO MATH**

Photomath is a camera calculator and math assistant! Point your camera toward a math problem and Photomath will show the result with solution



**QUIZLET**

Search millions of study sets or create your own. Improve your grades by studying with flashcards, games and more. Create a custom diagram with locations, terms, and definitions. Then study it with activities and games — and see what you're learning in a whole new way!



**MEMORADO**

Memorado is the leading gym for the mind - providing fun, personalised workouts geared towards boosting your memory, concentration and reaction skills. Choose from over 450 levels in 15 games based on neuroscience which are designed to help you get sharper, every day!

# HEALTH AND EXERCISE APPS

## APP

## ABOUT



**SLEEP CYCLE**

Sleep Cycle is an intelligent alarm clock that tracks your sleep patterns and wakes you up in light sleep - the natural way to wake up, feeling rested and energized. ... As you sleep, you go through different sleep phases, ranging from light to deep sleep and back again.



**HEAD SPACE**

Headspace (guided meditation platform). The company mainly operates through its online platform, which provides sessions of guided meditation to its registered users with the goal of mindfulness.



**SMILING MIND**

Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness meditation accessible to all.



**SPRING MOVES**

Spring is a music fitness app that helps you stay motivated during your workout.



**FOODUCATE**

Fooducate is a free app and website that evaluates various foods based on how good they are for you. Fooducate's Grading System: Fooducate uses an algorithm to grade foods, selecting a rank from a list of 10 grades from A to D.



**RESISTANCE TRAINING FOR TEENS**

RTFT is a school-based physical activity program designed for secondary school students. RT for Teens aims to help teenagers develop the skills and confidence to engage in foundational resistance training activities. Download and register using the school code: LIHSD12Z



**myfitnesspal**

MyFitnessPal is a smartphone app and website that tracks diet and exercise to determine optimal caloric intake and nutrients for the users' goals and uses gamification elements to motivate users.

# DON'T FORGET

## AVOID MULTI-TASKING



### FACTS

Using social media and multitasking reduces the capacity to remember content. Splitting tasks minimises levels of concentration.

### TIPS

- Turn your phone off and log out of social media.
- Remove materials that will distract you.
- Keep your desk clear, neat and tidy.

## SLEEP TIGHT



### FACTS

While you sleep the brain processes and stores information that you learnt during the day. It moves information from short-term memory to long-term memory (consolidation). Regular sleep will minimise mental health issues.

### TIPS

- Have a sleep routine i.e. a consistent bedtime and wake up time.
- Sleep no less than 7 hours and no more than 10.
- Too much and too little sleep is bad for your health.

## EAT RIGHT



### FACTS

Certain foods nourish the brain, improve clarity, increase problem solving & enhance recall. Some foods like simple sugars cause a crash and burn effect and brain blocks.

### TIPS

- Before studying snack on brain friendly food such as nuts, fruits, and vegetables.
- Avoid sugars and processed foods, they will cause a mental fog, poor concentration and stress.

## GET MOVING



### FACTS

Exercise releases endorphins, which improve your mood. It will increase motivation and improve mental clarity/focus when doing schoolwork.

### TIPS

- 30 minutes to an hour of exercise is proven to have the greatest mental benefit.
- Cardio is best for mental clarity.
- Avoid exercising for too long, as it will have a burn out effect.

## WELLBEING SUPPORT

These are certainly challenging times and we hope you are keeping well! The NSW Department of Education is introducing proactive measures to limit the impact of COVID-19 in our schools. The Premier has announced that from Tuesday 24 March parents are encouraged to keep their children at home and access their school's learning from home programs. These measures have been put in place to help minimise the spread of the COVID-19 pandemic in NSW.

If you are a parent or guardian these are the actions you should prepare for:

- If your child/young person is unwell or has been overseas in the last 14 days, do not send them to childcare or school.
- Unwell children should remain at home until symptoms resolve.
- A person who is unwell or has been overseas in the last 14 days should not enter a childcare service or school to pick up or drop off children.
- Promote good hygiene including handwashing with soap and water and coughing/sneezing into a flexed elbow
- Consider whether your child/young person's out-of-school activities are essential.
- Prepare for your child/young person to study at home should this become necessary.
- Plan for the possibility of your child/young person not attending childcare or school because of any future closure or because they are unwell. Discuss with your employer if needed.
- If your child/young person's institution is closed, monitor their whereabouts, keep them at home, and prevent them from group meetings with friends/classmates.
- Consider whether your family's holiday plans are essential.

Five Islands Secondary College would like to advise students and families of current supports available to students.

### ***School Counselling Service support at Five Islands Secondary College***

The NSW School Counselling Service contributes to student wellbeing in NSW public schools by providing specialised psychological assessment, counselling and intervention services. As well as having a specific role in providing psychological services, the school counselling service contributes to student learning and wellbeing outcomes through membership of school based learning and support teams.

Heidi Page and Chris Portelli are our school counsellors. Due to the current response to COVID-19, school counselling support may be arranged by telephone contact with the school. Please call during school hours (Monday-Thursday, 8:40am - 3:40pm) on ph. 4274 0621. The Office Staff will notify the counsellor on duty and they will arrange a time to contact you via phone to discuss the referral.

## External support services in the Illawarra

### Where to go for support



If someone is injured or at immediate risk of hurting themselves or someone else call 000 immediately

#### Help with a crisis (online chat available)

<b>Kids Help Line</b> <a href="http://kidshelpline.com.au">kidshelpline.com.au</a>	1800 55 1800
<b>Lifeline</b> <a href="http://lifeline.org.au">lifeline.org.au</a>	13 11 14
<b>Rape Crisis Line</b> <a href="http://nswrapecrisis.com.au">nswrapecrisis.com.au</a>	1800 424 017
<b>Suicide Call back Service</b> <a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>	1300 659 467

#### Help with your Mental Health

<b>headspace</b> Wollongong Nowra <a href="http://eheadspace.org.au">eheadspace.org.au</a>	4220 7660 4446 7300
<b>Mental Health Line</b>	1800 011 511
<b>ReachOut</b> <a href="http://reachout.com">reachout.com</a>	
<b>QLife (LGBTIQ)</b> <a href="http://qlife.org.au">qlife.org.au</a>	1800 184 527



**Help with  
food,  
housing and  
money**  
Southern Youth &  
Family Services  
[www.syfs.org.au/](http://www.syfs.org.au/)



**Help with  
drugs and  
alcohol**  
Alcohol & Drug  
Information  
Service  
1800 422 599



**eMental  
health  
apps**  
[moodgym.com.au](http://moodgym.com.au)  
[mycompass.org.au](http://mycompass.org.au)



**Cyber safety  
and  
bullying**  
[antibullying.nsw.gov.au](http://antibullying.nsw.gov.au)  
[esafety.gov.au](http://esafety.gov.au)

#### Aboriginal Services

<b>Illawarra</b> <a href="http://illawarraams.com.au">illawarraams.com.au</a>	4229 9495
<b>Shoalhaven</b> <a href="http://southcoastams.org.au">southcoastams.org.au</a> <a href="http://waminda.org.au">waminda.org.au</a>	1800 215 099 4421 7400

To find a full  
list of support  
services, scan  
the QR code



Your local doctor is also a great place to start – they are trained to help with any type of physical or mental health issue.

Getting involved in new activities can help you feel better. Here are some examples of activities you can take part in:

- Physical activities like sports, yoga, dance, etc.
- Cultural activities such as music, theatre, choirs, film, painting, writing, etc.
- Join or volunteer with an organisation, be it related to religion, politics, the environment, animals, gaming, or whatever interests you.

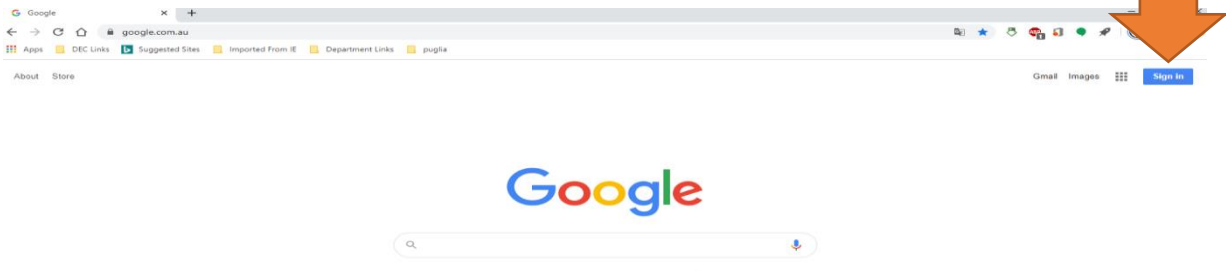
Please stay safe, find things that you enjoy and as always we are here to support you to the best of our ability.

Warm regards,  
The team at Five Islands Secondary College

# TROUBLE SHOOTING TECHNOLOGY

## Google Classroom Troubleshooting

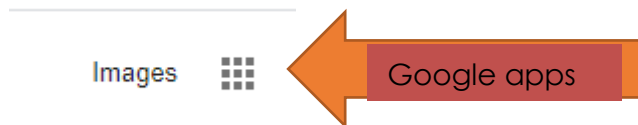
- Log into google



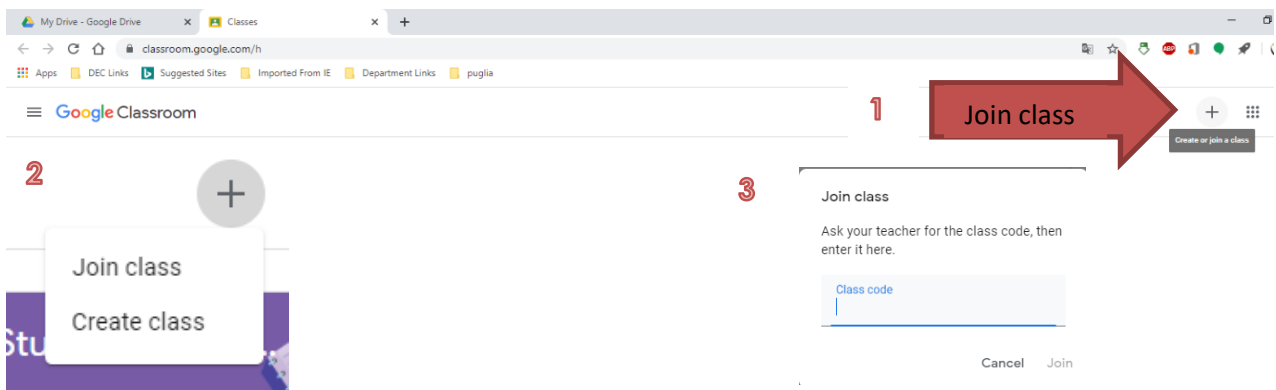
- Students must be logged into Google with their school email

[Firstname.surname@education.nsw.gov.au](mailto:Firstname.surname@education.nsw.gov.au)

- To access Google Classroom, click on the Google apps



- If they find they do not have access to Google Classroom check that they have logged out of their personal Gmail account
- To join a Google Classroom students need a code from their teacher (a different code is required for each subject)
- To join a class, click on the + symbol on the top right hand corner and type in the class code. See images below:



# STAYING SAFE AT HOME DURNIG COVID-19

# COVID-19

Protect yourself and loved ones

Help prevent the spread of respiratory diseases like COVID-19

- + WASH YOUR HANDS**  
Wash your hands with soap and warm water regularly.  

- + COVER A COUGH OR SNEEZE**  
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.  

- + DON'T TOUCH**  
Avoid touching eyes, nose or mouth, especially with unwashed hands.  

- + KEEP YOUR DISTANCE**  
Avoid close contact with people who are sick.  

- + STAY HOME**  
If you experience respiratory symptoms like a cough or fever, stay home.  

- + GET HELP**  
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.  
