

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

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)



Get 1 hour of exercise a day



Avoid sugars, salts and bad fats



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

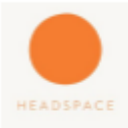
APP

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)

Kids Help Line kidshelpline.com.au	1800 55 1800
Lifeline lifeline.org.au	13 11 14
Rape Crisis Line nswrapecrisis.com.au	1800 424 017
Suicide Call back Service suicidecallbackservice.org.au	1300 659 467

Help with your Mental Health

headspace Wollongong Nowra eheadspace.org.au	4220 7660 4446 7300
Mental Health Line reachout.com	1800 011 511
QLife (LGBTIQ) qlife.org.au	1800 184 527



Help with food, housing and money

Southern Youth & Family Services
www.syfs.org.au/



Help with drugs and alcohol

Alcohol & Drug Information Service
1800 422 599



eMental health apps

moodgym.com.au
mycompass.org.au



Cyber safety and bullying

antibullying.nsw.gov.au
esafety.gov.au

Aboriginal Services

Illawarra illawarraams.com.au	4229 9495
Shoalhaven southcoastams.org.au waminda.org.au	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.

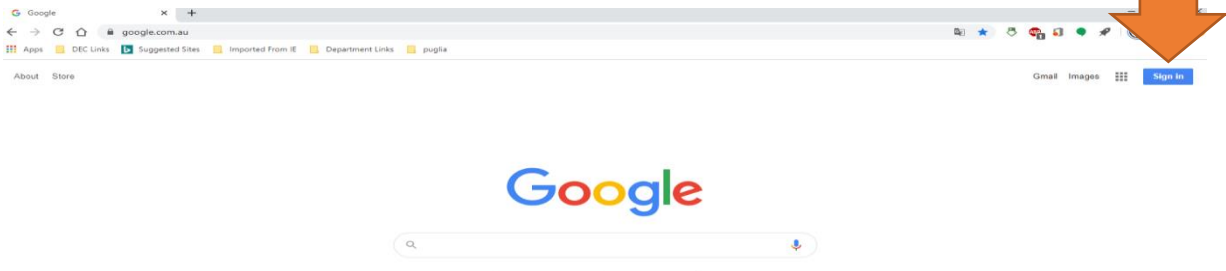
Please stay safe, find things that you enjoy and as always we are here to support you to the best of our ability.

Warm regards,
The team at Five Islands Secondary College

TROUBLE SHOOTING TECHNOLOGY

Google Classroom Troubleshooting

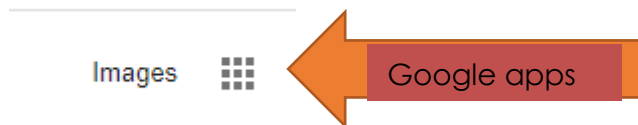
- Log into google



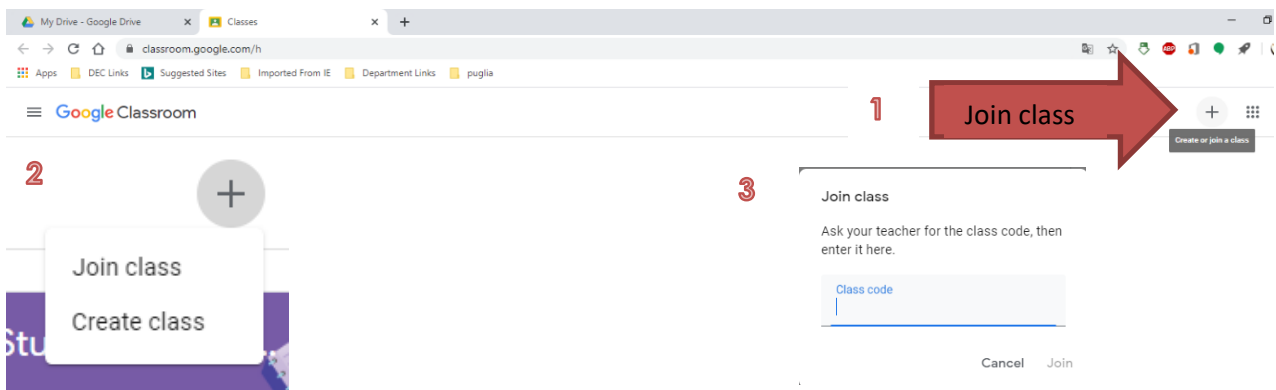
- Students must be logged into Google with their school email

Firstname.surname@education.nsw.gov.au

- 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.
