

Be Safe – Be Prepared – Be Respectful – Be a Learner

Use known websites and platforms

Set up a suitable work space

Your teachers are monitoring your learning

To stay safe online use <https://www.esafety.gov.au/kids>

Normal classroom rules apply

Follow usual morning routine before learning starts



St John's School

How to Learn Safely at Home

Things to do or think about before learning starts	Things your parents or a teacher can do to help	Things you can do to build healthy and respectful relationships
<p>Make sure you know the websites and software that is going to be used for your learning. Only use these methods of communication so no one gets confused.</p>	<p>Normal school times and activities are a good way to continue your usual learning. That means making sure you eat and get some fresh air at recess and lunch times as normal too.</p>	<p>It is important to give your teacher your full attention during lesson times just like you would in the classroom. It might be a good idea to have a plan of what to do if you get interrupted.</p>
<p>Think about making a special space to work from home. Make sure this space is a safe place for you to be learning from so that you can focus, hear what your teacher has to say or watch what is happening without being interrupted.</p>	<p>Your parents might want to speak with you about making an online agreement for your normal screen time outside of school learning because you'll be using your device more than usual.</p>	<p>Remember, everything you say, type or do can be heard and seen by your teacher. You are leaving a digital footprint. Make sure you are always demonstrating respectful behaviours.</p>
<p>Remember to only post photos, audio and videos of your work. Be aware of what is in the background.</p>	<p>Your teacher might want to start your online classroom with a reminder about how to be a good online learner, such as reducing distractions, using nice words when you speak or type and having regular screen breaks.</p>	<p>We know that your parents and siblings might be busy working at home too so don't forget to keep up your healthy and respectful relationships with them also. It might be a good idea to revisit how you can do this now that you are all working at home together.</p>
<p>Don't forget to follow your normal classroom rules and respect your teacher. Just because you're now learning online doesn't mean the rules change.</p>	<p>Your parents might help you by writing the class timetable each day so you know what will happen and when.</p>	<p>If you have any concerns about yourself or any of your school mates, remember you can let your teacher or any adults in your safety network know.</p>
<p>Be sure to get ready for school as normal, which means eating breakfast, getting washed and dressed, and being a presentable student all before learning starts.</p>	<p>It is okay if your technology doesn't always work, it is not something to get upset about. But it is a good idea to talk about a backup plan with your parents. This could be a work pack your teacher has made for you, spending time learning from your parents and doing things such as cooking, a puzzle or playing board games, having some independent activities ready to go such as reading books, writing stories or a diary, building things, creating things.</p>	<p>If you haven't already completed or thought about an updated safety network now that you are learning from home, it is a good time to do so. Many of the people you are used to seeing at school or in the community may not be around now so you will probably need to change some of the people in your network or at least the way you contact them.</p>
<p>Because everything is now happening online, there may be some extra things you need help with. You can check out this website if you have any online concerns or worries https://www.esafety.gov.au/kids</p>	<p>Just remember to try your best to be a good learner by helping your parents and teachers too.</p>	<p>Other trusted adults or services you may not have thought of in the past might include the 'Kids Help Line' phone 1800 55 1800 https://kidshelpline.com.au/</p>

