

# Learning at Home

Support



## WELLBEING AND STUDY ADVICE

Years  
11 to 12

For parents and carers



### What to do to support your young person

1. Ensure that you take care of yourselves and your family members. These are difficult times and young people will look to you to see how to respond. Wherever possible, try to remain positive and do what you can to maintain a feeling of normality (sleep, communication, nutrition, exercise, leisure activities).
2. Ensure that your young person feels secure, safe and has a clear sense of belonging to their learning community. In particular, try to ensure that you:
  - maintain communication with the school and where necessary your young person's teacher/s. The school will provide information on how this communication will occur.
  - communicate with your young person about COVID-19. It is important that they understand the reasons they are being asked to learn in this way and what they should do to ensure theirs and others' safety.
  - encourage your young person to connect with other students doing the same courses. This will support them to maintain a sense of belonging to a learning community. Discussion of key ideas and concepts is also really important to assist in developing understanding of the learning material.
3. Assist your young person to establish routines. Set expectations and support them to be as flexible as required. In particular:
  - Ensure that your young person has a quiet environment and all the materials that they need for independent work at home. This could include notebooks, pens and pencils, a calculator (according to course requirements) and a space to work with minimal distraction. The school will provide information on access to devices and internet and any requirements for specific courses.
  - Be clear about what learning needs to happen and when it should happen. Your young person's school will provide information on scheduling, work requirements and how to access resources for each subject. Support your young person to develop some study plans, a timetable and goals to meet these requirements.
  - Be prepared to be flexible in adapting to an uncertain and changing environment. It is important to recognise that your young person doesn't need to schedule their learning to reflect their school timetable. Encourage them to take study breaks as required, to exercise, hydrate and eat nutritious foods.

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- Check in regularly on their learning and ask them how they are coping. Each morning, ask how they plan to manage their day and what their priorities are. This may help other family members, particularly younger children, to understand the importance of their study.
- Discuss self-talk with your young person, particularly if your young person is feeling overwhelmed or anxious about their learning. Help them to identify any negative thoughts they are having about their learning and try to reassure them. Contact the school or relevant teacher/s if your young person had specific concerns about a subject or assignment.



## Health and Wellbeing:

Your young person will need to make some physical adjustments to the new learning environment. To assist them with the transition, you could encourage them to:

- use noise cancelling headphones or earplugs to assist with a quiet working environment. Alternatively, some people prefer soft background music. Music without words is more conducive to study.
- study for 20 minutes and then take a 5 minute break. Your young person should leave the study area during the breaks – they can go for a walk outside, have a drink of water, have a snack, stretch. Using a phone or watching TV should only happen after the scheduled study period.
- eat small healthy snacks throughout the day to help keep energy levels constant. Research shows that their blood sugar levels cycle every 45 minutes to an hour. This means that an hour after eating blood sugar levels will be lower, and therefore learning may be more difficult. There are strong links between efficient learning and good nutrition.
- exercise each day for at least 20 minutes.
- move around or stand. Avoiding long periods of sitting increases blood flow and allows more oxygen to the brain, which makes learning easier.
- wear comfortable clothing so that they are not too hot or too cold.
- get lots of sleep and avoid eating anything too heavy at least two hours before bedtime.

## Links to more information:

- [Learning at home](http://www.education.tas.gov.au/learning-at-home/)<sup>1</sup> on the Department of Education website

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