



Exmouth
DISTRICT HIGH SCHOOL

31st March 2020

Attention: Secondary Students' Parents

Dear Parents/Carers

We want to reassure you that education remains open in WA, although it is not the usual model of face to face teaching we are all more familiar with.

These are unprecedented times and the handbook to handle this pandemic is being written as we go.

You are, and always have been your child's first teacher and we are privileged to share this journey with you.

You are not on your own. Keeping your child/children to learn at home can be a challenging and daunting task.

We are here to support you and can be contacted via email or via a message to the Front Office if you have any questions.

Below we have provided you with information on where to go for supporting your children with 'Learning at Home' for the rest of this term. Teachers will continue to send out other curriculum support materials as they become available.

From the beginning of next term, our teachers will be providing a program that will continue your child's education, even if at home. If this is the case, we will be working in partnership with you to undertake the delivery. We are working on developing this over these final two weeks of the term.

Regards

Ray Denholm
Principal
Exmouth DHS

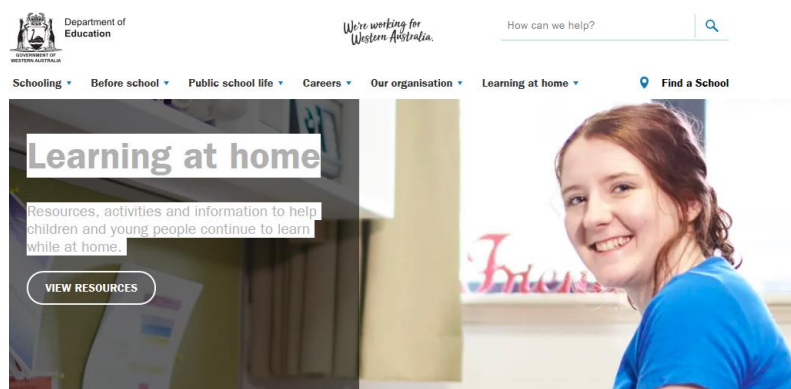
Caryl Carr
Deputy Principal

Mark Patton
Deputy Principal

Learning at home – Department of Education, WA

Resources, activities and information to help children and young people continue to learn while at home are available from the Department’s ‘Learning at Home’ website.

Click on the link [here](#) to go to the Learning at Home site.



The Department of Education will continue to add resources across all year levels and learning areas, to give children and young people the best opportunity to continue to learn at home.

You probably don’t have time to spend hours on the internet looking for age appropriate resources and you probably don’t want to go out and buy a whole lot of textbooks either. This website is your ‘go – to’ spot to keep your child/children engaged in learning for the rest of this term.

Establish a schedule

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

If you are doing 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.

We have included a sample ‘Home Timetable’ below. Children thrive in an environment where there are clear routines. This does not mean there is no opportunity for free choice within these routines. Setting routines provides children with times of the day to work towards while also providing clear boundaries.

Sample Home Timetable

This is a suggested timetable and is NOT mandatory.

		Monday	Tuesday	Wednesday	Thursday	Friday
Before 8:30am	Morning Routine					
8:30 – 9:00	Daily Fitness					
9:00 - 10:30	Academic time					
10:30-11:00	Break Time					
11:00 - 12:00	Academic time					
12:00 - 12:30	Home Duties					
12:30 - 1:00	Lunch					
1:00 - 1:30	Silent Reading					
1:30 – 3:00	Academic time					
3:00 – 5:00	Free time out side					
	Dinner					
After Dinner	Study Time					