



30th March 2020

Welcome to Learning at Home.

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. We will continue to send out home learning support materials this term as more are developed by the Department of Education and as we find more things which you may find useful.

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

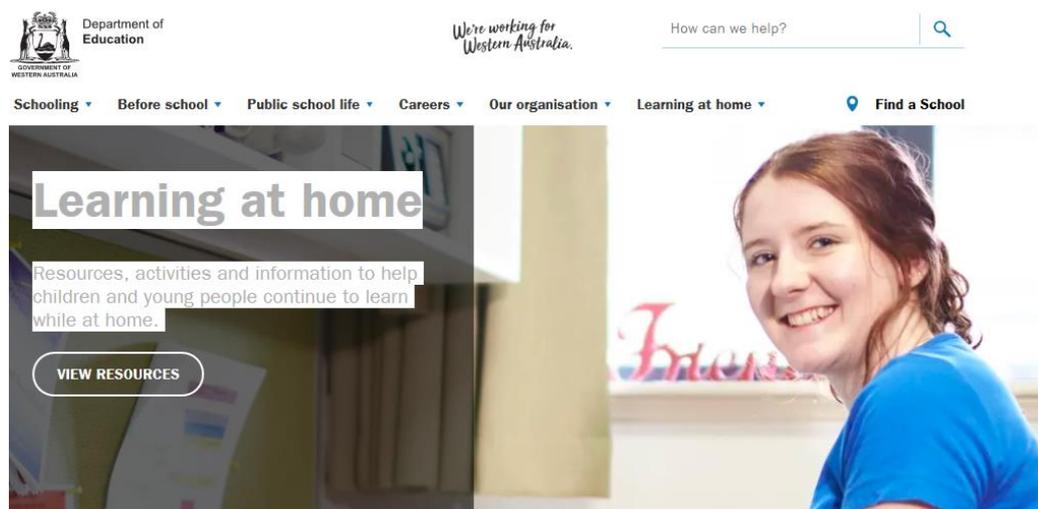
Ray Denholm
Principal
Exmouth DHS

Karen Cowie
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. Put together a timetable of activities that is reasonable for both you and your child to manage. 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 an example of a 'Daily Schedule' 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.

Suggested Daily Schedule

Before 8:30am	Morning Routine	Before 8:30am Get up, make bed, put dirty clothes in laundry, make breakfast, read a book, play with toys (non-electronic)
8:30 – 9:00	Morning Exercise	To remain healthy, it is important to keep moving and lift the heart rate. See suggestions on the following pages.
9:00 - 11:00	Academic time	Children can develop their academic skills, playing games, solving puzzles, keeping a journal, investigating and inquiring. See suggestions on the following pages.
11:00 - 12:00	Creative time	A big part of learning is developing creative thinking and problem-solving skills. Creative time can include the following activities: Lego, drawing, craft, playing a musical instruments, cooking. See suggestions on the following pages.
12:00 -12:30	Chores then Free time	Chores can be any jobs that need doing around the house. <i>The chores do not need to last 30 minutes. If they are done prior to the time or done quickly, children can have free time for the remaining time prior to lunch.</i> Chores can include the following activities doing the dishes, wiping surfaces, taking out the rubbish, making beds, folding laundry. See suggestions on the following pages.
12:30 -1:00	Lunch	Children who participate in the creation of their own food get a better understanding of how much effort it takes to prepare. Try and encourage them to help during lunch prep. See suggestions on the following pages.
1:00 -1:30	Quiet Time	After eating (healthy food) they will be re-energised, but it can take a little time for the brain to process the nutrients. After lunch is an ideal time to have some quiet time. i.e. reading, colouring, mindfulness activities. This is not time for electronics.
1:30 – 3:00	Academic time	Children can develop their academic skills, playing games, solving puzzles, keeping a journal, investigating and inquiring. In this session electronic learning could be included. Educational apps, online apps, educational TV. See suggestions on the following pages.
3:00 – 5:00	Free time outside	Get outside and play, enjoy what the back yard has to offer. Kick a ball, feed the chickens, watch the clouds. See suggestions on the following pages.
	Dinner	
After Dinner	Free time/bed time routine	This free time includes showering and teeth brushing ready for bed
After free/bed time routine	Reading	Parent read to children for as long as possible, 20 minutes is a good starting point. It is a good idea to read to children while they are in bed as they become relaxed and ready to sleep while you read.
Bedtime (as per normal school night)	Bedtime	All children (Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health. Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health.
Reward + 30mins	Bedtime	All children who followed the schedule and did not argue with siblings

Our Home Time table

		Monday	Tuesday	Wednesday	Thursday	Friday
Before 8:30am	Morning Routine					
8:30 – 9:00	Morning Exercise					
9:00 – 11:00	Academic time					
11:00 – 12:00	Creative time					
12:00 – 12:30	Chores					
12:30 – 1:00	Lunch					
1:00 – 1:30	Quiet Time					
1:30 – 3:00	Academic time					
3:00 – 5:00	Free time out side					
	Dinner					
After Dinner	Free time /bedtime routine					
After free/bed routine	Reading					
Bedtime	Bedtime (as per normal school night)					
Reward + 30mins	Bedtime					

Additional Resources

In Primary school, Mathematics and English are the two subjects that take up most of the curriculum (about 50% of the allocated time). So these are the two areas that you need to focus on when short term home learning. Here are some further options in addition to those available on the 'Learning at Home' website.

Mathematics

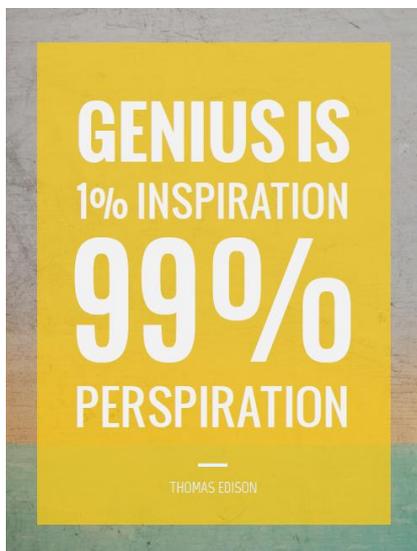
- All students have access to [Mathletics](#) as it is used each week as part of their learning program. It is very home learning friendly. It follows the Australian Curriculum. Class teachers regularly assign tasks and learning units through this program. Passwords and Usernames for logging on have been sent home.
- You can also include some drill in timetables and skip counting (counting by 2s, or 5s or 7). These are great for mental math. You don't need a textbook for this.
- <https://www.prodigygame.com/> This program is used in some classrooms. It is easy to access and is a free program.

English

- Read a book. Read aloud a book to your child and get them to read on their own.
- Get Them Writing Everyday
- Do some copywork and/or dictation – these are effective and easy ways to make daily writing happen. Copywork & dictation have many advantages including modelling correct punctuation, grammar, spelling and handwriting practice.
- Get a booklist going and add all the books your child is reading. This will be a concrete record of learning and you can show the teacher when they finish emergency home learning.
- Ask them to tell you what they know. If they are reading a book get them to retell what it was about. Ask them about the documentary. If they are older than 10, you could ask them to write about what they have learnt. This is actually harder to do than you think but with practice your children get much better at it.

Try listening to children's authors. Click on the link below to access.

[The Big List of Children's Authors Doing Online Read Alouds & Activities](#)



When the kids need a perspiration break here is a fantastic website for physical education:

Build in some time each day to engage in Daily Fitness and just have fun too.

KIDDO IS A GREAT WEBSITE.

<https://kiddo.edu.au/>

KIDDO have developed a wide range of **free at-home** physical activity resources for parents and educators, designed to keep children active and developing Fundamental Movement Skills at home. We are adding new resources each and every day.

These resources are completely free, all you have to do is sign up and head to KIDDO's take-home resources page.

Unstructured Lessons

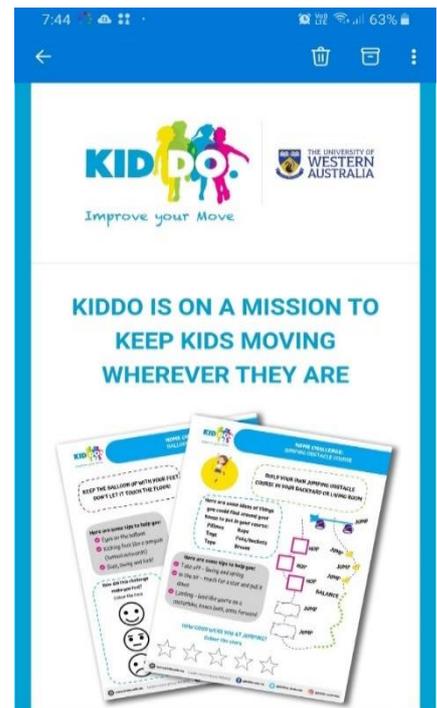
Natural learning is something that children (and you) have been doing well, quite naturally. Seize opportunities when they appear. When encouraging natural learning at home you let your children discover and learn according to their own natural interests. Within reason or course and you have to trust as well that this self-directed learning will result in your child learning something new, different or consolidate what they already know.

Set up some sort of a project that will occupy their time. These can include cooking, making their own website and blogs, painting projects, making a movie, sewing, photography. You are only limited by your imagination. It should be something that they are passionate about (it helps anyway).

Conversation learning is BIG in home learning. And it is often the way we help our children understand many things. Getting in the habit of explaining ideas, encouraging them to ask questions are all on the spot lessons that don't take preparation. And you'll be surprised how much your child retains if they actually want to know the answer.

Make a Notebook

Have your child make a notebook of what they are learning. It doesn't need to be a diary. However, a notebook of learning_(they can date it if they want) will help them record what they have learnt in a creative way



Reply

