



## Tips for Parents as Partners during the Remote Learning Period

**During this period of remote learning Parents and Carers can be a great support for students. We are aware that during these challenging times through the COVID-19 restrictions there a number of challenges facing family, parents and students.**

We understand that you may not be able to support the content or the subject matter for your young person's classes but you can support students in other ways such as how they structure their time, engage in the learning opportunities and assist us to monitor student wellbeing. Here are some suggestions for parents and carers to assist our senior students during Remote Learning:

- Assist students to create a weekly study plan/timetable; include breaks and self-time
- Assist students to attend all of their online tutorials. We have tried to create a flexible model to suit the various situation of students in their home and possible part time work requirements but where possible students should attend their tutorials at their scheduled times.
- Assist students to find a quiet place for learning and study. We understand this may be difficult when there are multiple people in the home engaging in learning and work but do your best. Maybe if you only have 1 quite space rotate access
- Talk to students about how they are going with their subjects and do they need more help from teachers
- Encourage students to stay connected to their friends and family
- Encourage students to exercise daily
- Raise any concerns with Pathways Teachers or the Wellbeing Team if you are concerned about your student's wellbeing, mental health or progress in learning

**These are tips to support students and provide ideas to those that are able to help or wondering what they can do. We also understand that parents and carers may also be working from home, supporting younger children with their learning as well, not home due to working in essential services and/or struggling with challenges of these times themselves. Please know we understand that everyone will just try to do their best, just as we will. Contact us if you have any questions or concerns we are here to help. – Ph: 50212911. You can also email teachers, all email addresses are through Compass Portal:**

<https://milsen-vic.compass.education/>

### **Additional Supports for Parents:**

**Parent Helpline:** Parenting can be a tough job but also really rewarding. Talking to a Parentline counsellor can help you navigate difficult parenting dilemmas - <https://kidshelpline.com.au/parents/issues/how-parentline-can-help-you>

