

# PARENT ADVICE



Mansfield State High School Learning@Home

## ESTABLISH ROUTINES & EXPECTATIONS

Encourage your child to;

- Follow & complete online lessons according to their timetable.
- Log on and open Student SharePoint to start their day.
- Take regular brain breaks to clear their head
- Have healthy eating habits & drink enough water.
- Keep to a normal sleep routine.



## DEFINE A SPACE FOR YOUR CHILD TO FOCUS ON THEIR LEARNING

- Create a space that is tidy, comfortable and as quiet as possible.
- Where possible, learning is monitored.
- Ensure they have required equipment for learning.



## MONITOR TIME SPENT ONLINE

- Provide adequate supervision for your child's stage of development.
- Speak with your child about how much time they are to spend online and encourage time away from their screens.
- Keep your child social, but set rules regarding social media behaviour.



## ENCOURAGE ENGAGEMENT WITH ONLINE LEARNING

- Regular reminders that online learning does require time & effort.
- Engage in meaningful conversations regarding their learning.
- Encourage teacher communication to check understanding.
- Congratulate your child on their persistence & dedication.

