

Learning from Home

Community Information

As a result of COVID19, learning for students will look different in the short term. This information is designed to help you to gain an appreciation of what you can expect whilst your son is learning from home once school holidays are completed on Tuesday April 14. Whilst a lot of learning material will be uploaded by teachers prior to this date your son is not expected to commence learning from home until this date.

We appreciate that this will provide some challenges. The College is fully BYOD capable with most classes already using online platforms to support in class learning. We are confident that together we can ensure your son continues to access learning material that will provide him, and you, with a sense of normality and routine.

What you can expect

It is unrealistic to expect teachers to be available for students at the exact time of their current timetable when the reality is they too will have children at home, family to care for, and potential illness to manage.

You can expect for your son to have a learning programme to complete at home and you can expect to receive feedback about his progress. Students can also expect to receive feedback on their progress and will be able to engage in multiple ways with their teachers and classmates.

Students completing NCEA can expect to continue with their learning programme. Some subjects may require slight changes to the timing and or method of assessment. It is important for parents to understand that we can continue to teach and assess remotely where required. We are working closely with the Ministry of Education and NZQA to ensure students in Years 11-13 can complete their course of study this year.

Attached to this document is an overview of the learning expectations and provisions for this learning to occur for each Faculty area.

Communication

It is important that we maintain regular contact with our community during any closure. You are already familiar with weekly notes. When we move into learning from home, you will still receive a weekly note each Friday. The criteria will be changed to reflect home based learning as per below.

One	Has not engaged in any learning material
Two	Has engaged in learning material, however has completed minimal work
Three	Is completing home based learning to an acceptable level
Four	Excellent engagement with home-based learning

It is also important we streamline communication channels during this time. We ask you do the following:

1. Contact the classroom teacher directly if you have concerns. Their emails are on the attached documents.
2. Should you not get a response, or still have concerns please contact the Head of Faculty.
3. Should your concerns remain, please contact Jon McDowall, Deputy Rector -Teaching and Learning via the following email, jmcdowall@stbedes.school.nz

We will continue to send out a weekly newsletter this week, and when term two begins, the week of April 14. We will also be posting regularly to our College Facebook page.

Centre of Enhancement

Teacher aide support - We appreciate that many of our boys require additional support to access their learning, and can often get this support through a teacher aide. The Centre of Enhancement will continue to provide support for students who need a bit of extra help through making the teacher aides available throughout the week. To access some teacher aide support please email coe@stbedes.school.nz. They will contact you to arrange a time. This could be done through Zoom or Microsoft Teams.

RTI Reading Intervention – if your son is in the reading intervention he will receive a pack to take home. Mrs Sutherland will be in contact with parents and students directly to arrange progress meetings.

Reading at home

Reading is not only a great relaxation tool but also a great way to support your sons to maintain their academic progress. Below are some useful resources to help your sons to keep up their reading.

Audible

Audible has made hundreds of audio books for kids and teens free for 'as long as schools are closed.' Your sons can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on a desktop, laptop, phone or tablet. There are about 65 titles specifically for teens. Access Audible at: <https://stories.audible.com/start-listen>

National Library

- Free audio books by NZ authors for young adults read on National Radio: <https://www.radionz.co.nz/collections/not-for-children>
- Classic free adult and children's audiobooks <http://www.loyalbooks.com/genre/Children>
- 800 free downloadable ebooks, mostly classics but some newer material: http://www.openculture.com/free_ebooks
- More than 57,000 classic free eBooks: <https://www.gutenberg.org/>
- Website listing 29 best sites that allow downloading of free ebooks: <https://www.tckpublishing.com/websites-download-ebooks>

Christchurch City Libraries

If you are a Christchurch resident it is free to join Christchurch City Libraries and access their eBooks, eAudio and eMagazines. Go to their website <https://my.christchurchcitylibraries.com>, then go to the 'join the library' button on the home page. Select the youth membership category. Once you have completed the sign-up process, you can access eResources immediately. Your temporary library number can be used as a username, then you'll need to create a password to log in.

Wellbeing

The emotional and mental wellbeing of you and your sons is important. It is normal for students and their whanau to feel stressed or lonely when being isolated at home. Even if you are not sick, you may be feeling anxious about COVID-19. This is normal.

Our team in the Centre of Wellbeing will continue to be available to support their existing caseload as well as any new referrals from students and whanau.

The wellbeing centre would like you all to know a few key strategies to help you get through any difficulties you may have throughout this time and where to access support if needed in the coming days.

- 1) **Choose where you focus your attention** – Tune into what’s still good in your world.
- 2) **Deliberately seek out the people (and do the stuff that makes you happy)** It’s important to do the things that bring you joy. Find ways you can do this even in a confined space.
- 3) **Strong and supportive relationships are the number one predictor of wellbeing.** If you can’t catch up with someone face to face right now, find other ways of doing so. Skype, Zoom, or use other forms of social media, or text/call.
- 4) **Keep daily routines or create new ones.** Maintaining meal times, bedtimes, exercise, work etc tells our brains it’s safe to dial that stress response back down and prevents us from feeling more anxious.
- 5) **Focus on what matters and what you can control** – Focus on the things you actually can influence, worrying about the things you cannot change will only upset you and frustrate you further.
- 6) **Watch your media diet** – Think: is this helpful or unhelpful? Take a good look at your media intake over the 24-hour period and ask yourself, “is reading these articles, watching these videos, or reviewing these headlines, helping or harming the way I’m feeling and functioning?” If the news is making you feel overwhelmed turn it off!
- 7) **Find the right people to talk to.** Share your thoughts and feelings but don’t get caught up in pointless speculation. Stick to the facts and avoid the drama queens. Ask yourself, “is this conversation helping or harming me in my quest to feel good and function at my best I can right now?”
- 8) **Help yourself by helping others** – Being able to give as well as receive is hugely important to our life satisfaction. How can you help vulnerable neighbors, friends, or strangers – emotionally, physically, practically?
- 9) **Give your brain a holiday from Coronavirus** – Avoid ‘rumination’ by giving your mind a rest. Do some activities, school work, crosswords, play some games, watch Netflix, cook, listen to music, read several books etc.....
- 10) **Be kind to yourself and others** – Remember everyone is doing their best to navigate these exceptional times. A little kindness will go a long way. A lot of kindness is even better.
- 11) **Keep safe and don’t be reckless** – Stress breeds unusual behaviors and can sometimes prompt us to forget the simple things like wearing our seatbelts, stopping at red lights, using personal protective equipment at work, turning off taps, and think it’s helpful to over consume on energy drinks or alcohol. Try to stick to your normal routines as this behavior is not helpful and can be dangerous.

Please take good care of yourselves. It is important that if you are feeling stressed or overwhelmed at anytime and you find it hard to talk to an adult, please contact Mr Gray via email to wgray@stbedes.school.nz. He will either contact you himself directly via phone or he will get his fellow counsellor Mr Williams to make contact with you.

Our counselling staff can skype, Zoom or talk over the phone. Mr Gray and Mr Williams will be available from 8am – 4pm Mon – Fri. Please email regardless, but if it’s serious and you are needing an immediate response, please make contact with your GP or crisis resolution (Contact number below) because it may take a while for one of us to respond, or if it’s at a time outside of our hours of work from 8am – 4pm.

If you feel more comfortable talking to someone else, there are some options available to you: Here are just a few.

- Helpline 1737 they’re 24/7 free text or call.
- Youth line 0800 376633
- Crisis Resolution for major mental health worries and concerns Ph 0800 920 092, contact 24/7.
- If at any time you feel unsafe, , please phone police or contact Oranga Tamariki on 0508 326 459

The following link provides more detail regarding the above information.

https://nziwr.co.nz/wp-content/uploads/2020/03/NZIWR_Real-time_Resilience_Coping_with_Coronavirus.pdf

We hope you find these documents useful and we have answered your questions regarding how learning from home will work. It is important that we are aware of any changes to your son’s health, including the off chance that any of the boys or their families are diagnosed with COVID19. If this is the case please email me directly.

jmcdowall@stbedes.school.nz

Regards

Jon McDowall

Deputy Rector – Teaching and Learning