



Preparing to Learn from Home: a Guide for Students and Parents

Dear Students

This is a time to stay connected, even if you need to stay at home for a while.

This guide will help you continue with your learning in 2020. Thornlie Senior High School is committed to providing you with continued access to quality learning and teaching experiences, support and care. The information below is to help ensure that you, your family and your teachers can continue to work together so that you can achieve your best until you return to the classroom.

Hardware

You will need reliable access to an internet connection and a computer or appropriate mobile device (ideally with a microphone and camera). Teachers will be primarily engaging with you through your Connect and Zoom sites. They will be uploading materials, running online tutorials, making announcements on Notices, and using the Discussion Board. As a result, it is important that you can log onto Connect. Instructions for using Connect are included.

Software

Connect

Since 2017 Thornlie Senior High School has worked to increase the use of CONNECT in our school. CONNECT allows us to share resources and improve student access to learning resources when they are off the school site.

As a minimum for each class, your teacher will be uploading onto CONNECT:-

1. NOTICES for you to read. This may include a task that you will be required to complete or lesson information to assist you in your learning.
2. CONTENT for resources to support classroom learning
3. The Teaching Program, Assessment outline and any resources will be located in the LIBRARY section.
4. SUBMISSIONS will be used for tasks, exercises or assessments so that you can submit completed work as required. You will receive marks and feedback electronically.
5. MARKS TAB will show the results of your assessments.
6. DISCUSSIONS TAB will be used by your teachers to allow you to participate and respond to class discussions.
7. EMAIL TAB – will allow you to email teachers for information and assistance.

Zoom (Online Video & Audio Conferencing/Meetings)

Thornlie Senior High School staff are also providing alternatives to certain scheduled onsite learning activities. You are encouraged to engage in these when they are available, just as if you were in the classroom. Many staff will incorporate online video and audio conferencing, chat, and webinars through an easy to use online software tool called Zoom. This can be downloaded onto mobile devices via an app or on computers for free www.zoom.us

Loom is a free screen casting software available as a desktop app

Teachers and students can use LOOM to record their classroom activities via their web camera with audio. You can then download your video, embed it on your Connect or email etc using Google as the browser <https://www.loom.com>

Free **Microsoft Office365 suite** is also available from the Department of Education website. <http://portal.det.wa.edu.au>

Assessments

Over time your teachers may need to change the formats or details of some assessments.

Learning at home

1. Establish a study space

To learning effectively at home, you will need to work with your family to set up an online learning environment that is enjoyable, productive and as worthwhile as possible

This information will help you to set-up your workstation and learning environment correctly:

1. Set-up an ergonomically comfortable and de-cluttered workspace with plenty of natural light.
2. Take time to make use of outdoor spaces around your home (e.g. garden, balcony or nearby parks). Fresh air, sunlight and light exercise are strongly associated with better physical/mental health outcomes.
3. Identify and remove distractions from the learning environment (e.g. video games, devices, pets etc.).
4. Keep moving: Stand up, walk around and stretch regularly throughout the day

Listed below are some practical tips on how you and your classmates can best use technology to maintain social connections and friendships whilst taking virtual classes:

1. Use instant messenger apps, particularly group chats (preferably with camera enabled so you can see each other) during lunchtime or after school to keep connected with friends and family.
2. Check in with friends you don't hear from for a while or are acting out of character.
3. Use various forms of technology to maintain contact with extracurricular non-school groups (e.g. dance teams, sporting clubs, music groups, chess club, online gamers etc.).
4. Attend digital versions of community events that are popping up as a result of the COVID-19 pandemic (community forums, workshops, conferences etc.).
5. Engage in healthy use of social media and maintain a positive outlook. For example, not participating or over-digesting negative, fear-inducing and potentially incorrect COVID-19 information. Read and share positive stories and uplifting content on your newsfeed. Take the opportunity to engage with trusted, news media outlets such as the ABC, SBS, etc.

Most importantly, follow the Health Department Guidelines and maintain social distancing https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus

2. Check in daily with Connect

It's likely that content will be updated regularly as staff develop and upload materials, run live online tutorials, and make announcements.

3. Set goals and plan your time

Set yourself daily goals for each class (e.g. finish reading a chapter) and make a plan for completing assessments.

4. Ask questions

Don't be afraid to ask questions to your teacher via Connect or email.

5. Make use of services available

Don't be afraid to ask questions

- Teachers can be contacted via email for any questions you may have regarding class work.
- Technical issues, please contact Malinda.herbertson@education.wa.edu.au or michelle.dagnone@education.wa.edu.au
- General enquiries – Thornlie.SHS@education.wa.edu.au
- Should you need extra support because you are feeling anxious or worried, please email:
 - Allison Hanshaw, School Psychologist
Allison.hanshaw@education.wa.edu.au
 - Sue James, School Nurse
sue.james2@education.wa.edu.au
 - Sheila Dixon, School Nurse
sheila.dixon@education.wa.edu.au

Follow us on Facebook to stay up-to-date with the latest information

<https://www.facebook.com/thornlieshs>

Department of Education – Learning at Home

Resources, activities and information to help students to continue to learn while at home - <https://www.education.wa.edu.au/learning-at-home>

If you have no way of using technology from home to access your learning materials, please contact the school on 9376 2100 or come to Administration.

This information is being emailed as well as posted to home addresses. Please ensure all your contact details are up to date.