



Our Lady of Mt Carmel School

Learning at Home

Learning at home for any period of time may bring joy and challenges. To support learning at home, you are not required to be an expert or trained educator.

Below are some tips to support you during this time:

1. Develop a routine

Children and young people are used to the routine and structure of school. To support their ongoing learning, it is important they have as much routine and certainty as possible in their day. You can support your child or young person's learning by –

- Involving your child in establishing a simple, consistent, and responsive daily routine
- Including times for eating, reading, talking, writing, playing and exercise.
- Displaying your daily routine so everyone in the family can see it.
- Creating a balance between more formal learning with time for reading books, exploring the outdoors and child initiated learning opportunities.
- Being prepared for things not going to plan and being flexible.

2. Creating a supportive learning space

It is a good idea to set up an 'at home' learning space where children have access to the things they need. A dedicated learning space separates work and play which supports children's focus and concentration. This will allow you to organise and manage learning materials and assist where necessary.

- Involve your child in creating their learning space.
- Consider the age and independence of your child when deciding on the location of the learning space
- Remember to use safe outdoor spaces for learning throughout the day

3. Supporting your child or young person's wellbeing

Children and young people who feel safe, connected and secure are more likely to engage in their learning. Positive wellbeing allows them to explore, experiment and participate in their learning with confidence.

- Talk to your whole family about what is happening. Understanding the situation may reduce their anxiety.

- Talk with your child or young person about how they have coped with difficult situations in the past and reassure them that they will cope with this situation too.
- Exercise regularly. Exercise helps to maintain wellbeing. Options to consider include getting outside, playing, dancing, yoga, walking around the backyard, creating an obstacle course with items from around the home or using home exercise equipment
- Establishing daily routines is important. Learning activities provided by the school will provide opportunities to maintain a learning routine
- Keep connected by staying in touch with family members and friends via telephone, email or social media
- To support the wellbeing of your family, information, activities and advice on topics such as mental wellbeing, connectedness and building resilience are available below

Further Resources: [Move, play and go](#)

[Cosmic Kids Yoga](#)

[Smiling Minds](#)

[Go Noodle](#)

The WA Department of Education has compiled a number of learning resources from across Australia and 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.

[Click Here to Access](#)

Your knowledge of a child's strengths and interests will support creating reasonable expectations. We hope this provides some advice to support you to manage your child or young person's learning and to stay healthy, safe, and connected. Should you need further support please contact the school.

God Bless
All the Staff of OLMC