



# Advice Guide for Primary School Parents

A guide for online learning in the event of school closure for COVID-19

August 2020

## Table of Contents

---

- 1 Message from the Staff
- 2 Studying from home
- 3 Your school day
- 4 Online lessons – how it will work
- 5 What your lessons will look like
- 6 Getting help
- 7 Talking to children about COVID-19 (Coronavirus)

## Message from the Staff

---

Dear Parents and Caregivers

It is difficult to believe that we are once again in this situation. As in the first lockdown, our priorities remain in delivering an online curriculum and your wellbeing and that of your children.

We have updated this booklet to remind you about the learning platforms that we will be using while your child is at home. In most cases all the students will be familiar with these platforms with the Year 4, 5 and 6 students working more independently; the younger Year 1 and 2 students will require more assistance. The work assigned to the students should reflect their ability in using these platforms.

Teachers will be following the daily timetable either on Zoom Pro or alternatively using Purple Mash.

Please do not hesitate to contact any of the teachers if you require assistance.

[dsmallman@wentworth.school.nz](mailto:dsmallman@wentworth.school.nz)

[smcleish@wentworth.school.nz](mailto:smcleish@wentworth.school.nz)

[sclark@wentworth.school.nz](mailto:sclark@wentworth.school.nz)

[tking@wentworth.school.nz](mailto:tking@wentworth.school.nz)

[lwesbonk@wentworth.school.nz](mailto:lwesbonk@wentworth.school.nz)

[cfeilding@wentworth.school.nz](mailto:cfeilding@wentworth.school.nz)

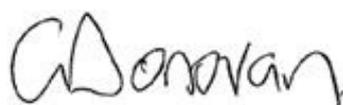
[csancto@wentworth.school.nz](mailto:csancto@wentworth.school.nz)

[cdonovan@wentworth.school.nz](mailto:cdonovan@wentworth.school.nz)

We look forward to having you all back in school very soon, but in the meantime, this advice booklet will give you some answers as to how teaching your child online in your home will look. We welcome your support, and feedback, and above all your understanding. We have improved our online teaching delivery this time, and continue to have a full team working hard to make sure your child is well supported in their learning.



**Bruce Tong**  
Principal



**Chris Donovan**  
Head of Primary

## Studying from home

---

**Are you sitting comfortably?** At school, you are used to walking, playing outside, having regular breaks and sitting at desks and chairs that have been designed for your comfort for long periods. At home, remember to take regular breaks.

### **Here is some advice for setting up your home for study:**

#### **Have a routine**

It is important to have a routine that suits your family. Once you decide what works, try to stick to it by setting a daily or weekly timetable. A good idea is to have a play before your morning lesson starts.

#### **Sit comfortably**

#### **Make your own school workspace**

#### **Good screen position**

#### **Take breaks from your screen**

## Your School day

---

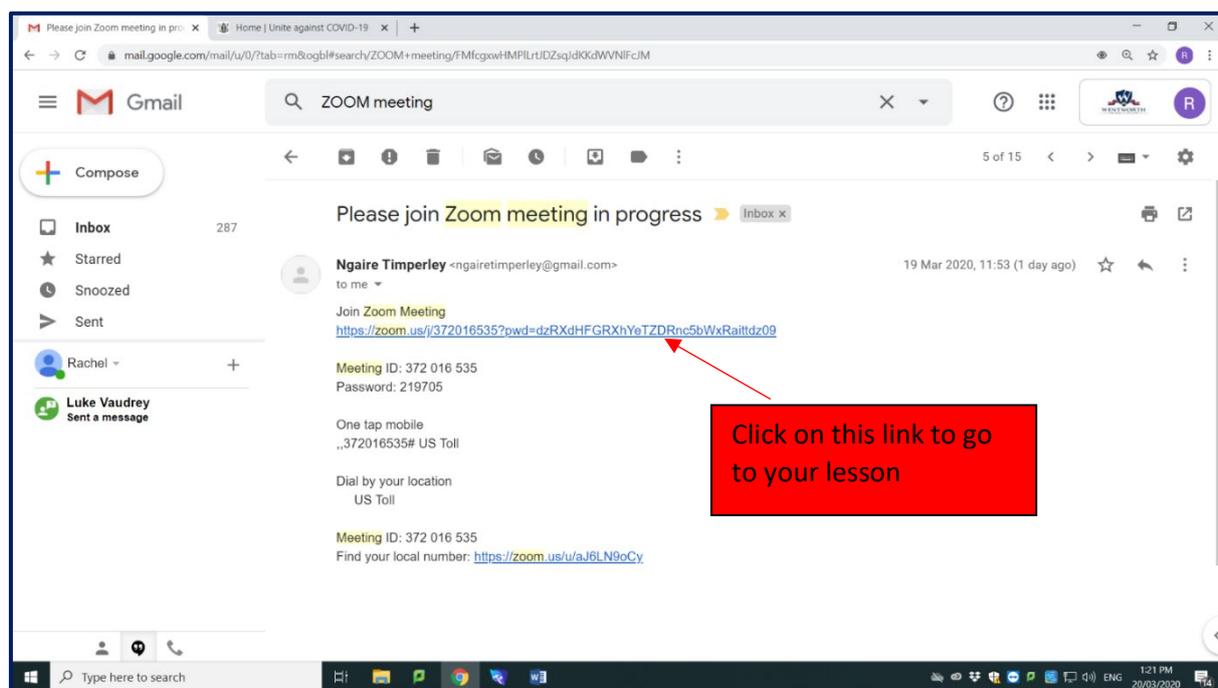
Your school day is divided into a 6 period day. Each period is 50-55 minutes long.

**Wentworth Primary will be delivering the normal school day.** It is our expectation that students are participating and doing schoolwork, but, if you feel it is better for your family to go for a long walk one morning, we are flexible and fully support this. Your child's teacher will send through the links to the Zoom lessons on the different subjects.

Before 9.00am	Wake up	Eat breakfast, make your bed, get dressed, we do not want to teach you in your pyjamas
9.00 – 10.00	Period 1	Dial in to your lesson using the link and time sent to you by your teacher.
10.00 – 10.30	Period 2	Dial in to your lesson using the link and time sent to you by your teacher
10.30 – 11.00	Morning Break	Help with a chore, have a snack, go for a short walk, let the dog out, get some fresh air, drink some water.
11.00 – 11.55	Period 3	Dial in to your lesson using the link and time sent to you by your teacher.
11.55 – 12.50	Period 4	Dial in to your lesson using the link and time sent to you by your teacher.
12.50 – 1.40	Lunch	Try to get outside, eat lunch, help in the home. Since you have had computer time with your classes this morning, rest your eyes and brain by trying not to use electronic devices during this break.
1.40 – 2.30	Period 5	Dial in to your lesson using the link and time sent to you by your teacher.
2.35 – 3.10	Period 6	Dial in to your lesson using the link and time sent to you by your teacher.
<b>Suggested after school routines</b>		
Afternoon Fresh Air		You've been inside all day, make an effort to get outside, go out on bikes, walk, go to the beach. Self-isolation does not mean you cannot go for a walk.
Quiet time		Homework, reading, puzzles, electronics, iPad games, spend time with your family, listen to music, relax – no gaming at least 2 hours before bed.
Dinner		Look after yourself and eat well to stay healthy.

## Online lessons – How it will work

1. Get comfortable with your laptop or device and books (including your textbook if you have one for this subject), pens and paper.
2. Parents, log in to your home email account.
3. Prior to your lesson, your teacher will have emailed Mum or Dad a Zoom conference call link to your home email address. You will need to click on that link and join your teacher and classmates online. We are following school timetable times, so log in at the start of each period. An email invite will look like this:



4. This is what your classroom will look like:



5. End conference call, and do the work your teacher has set you.

### **Useful tips for using Zoom**

- If you don't have a microphone on your device, there is a chat panel you can open to ask your teachers questions.
- Your teacher can share documents to work on whilst in video session, use the whiteboard, chat, and even split up students into break up rooms for group work.
- Keep yourself on mute unless you need to ask a question as otherwise your whole class will hear your household noises (toilet flushing, dog barking, Mum or Dad on a call etc)
- As a student, you just need to watch a lesson.

### **Safe Research**

In the event that your child is asked to do research, please consider using family safe websites such as:

- Kiddle
- Safesearch kids

### **Regular Classroom Teaching Sites**

URLs that will be used are:

<https://www.purplemash.com/login/>

<https://readingeggs.co.nz/login1/>

<https://login.mathletics.com/>

<https://mathseeds.co.nz/>

<https://readingeggspress.com.au/>

Please paste these URLs into your browser for easy access.

Passwords should be known to the students, however please contact your child's teacher if you require them again.

Some teachers will be using the Primary Google Shared Drive.

## What your lessons will look like

	Year 1-2	Year 3-4	Year 5-6
Maths 9.00-10.00	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Mathseeds or other practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Mathletics or other practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro or Purple Mash link. The teacher will go through the lesson with you. You may be also using Mathletics or other practical tasks to further your learning.
Phonics, Reading & Writing	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Readingeggs or other practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Readingeggspress, Purple Mash or other practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Readingeggspress, Purple Mash or other practical tasks to further your learning.
Science	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Purple Mash or other practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Purple Mash or other practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Purple Mash or other practical tasks to further your learning.
Computer Science	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be required to do practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Purple Mash or other practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Purple Mash or other practical tasks to further your learning.
Art	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. Art will be practical tasks.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Purple Mash or other practical tasks to further your learning.	Prior to your lesson your teacher will email you the Zoom Pro link. The teacher will go through the lesson with you. You may be also using Purple Mash or other practical tasks to further your learning.

PE	The focus at the moment is cross country training. Teaching practical PE will be difficult – however, your teacher will encourage you to keep an activity log, regularly updated.	The focus at the moment is cross country training. Teaching practical PE will be difficult – however, your teacher will encourage you to keep an activity log, regularly updated.	The focus at the moment is cross country training. Teaching practical PE will be difficult – however, your teacher will encourage you to keep an activity log, regularly updated.
Mandarin		Prior to your lesson your teacher will email you the Zoom Pro link.	Prior to your lesson your teacher will email you the Zoom Pro link.
Music	Prior to your lesson your teacher will email you the Zoom Pro link. Live Zoom lessons will cover Music theory and topics. The Teacher will share worksheets, Youtube links to performers.	Prior to your lesson your teacher will email you the Zoom Pro link. Live Zoom lessons will cover Music theory and topics. The Teacher will share worksheets, Youtube links to performers.	Prior to your lesson your teacher will email you the Zoom Pro link. Live Zoom lessons will cover Music theory and topics. The Teacher will share worksheets, Youtube links to performers.

## Getting help

---

Please do not hesitate to contact your teacher if you need any assistance

### Talking to children about COVID-19 (Coronavirus)

---

(Adapted from *A Parent Resource*. National Association of School Psychologists, 2020. <https://www.nasponline.org/>)

#### *Help children cope with anxiety by providing accurate information*

Children look to adults for guidance on how to react to stressful events such as COVID-19. Parents, caregivers, whānau and teachers will have a particularly important part to play in reassuring children at this time.

Children will react to and follow your verbal and non-verbal cues. If you are able to stay informed and realistic, it will be easier for you to reassure children effectively as well.

Children need factual, age-appropriate information about COVID-19 so that they can also feel informed and in control. They need to know how they can play a part in avoiding infection and the spread of virus. They also need to feel that any fears that they may have can be talked about and addressed.

### Reassure your children

- If no one in your family has COVID-19 nor has had close contact with anyone with COVID-19, emphasise to your children that they and your family are fine.
- Remind them that the right people are working hard to keep New Zealanders safe, including the adults at the children's school or early learning service.
- Let your children talk about their feelings, and help reframe their concerns into the appropriate perspective.
- You know your children best. If they have a lot of questions, consider how much extra information would or wouldn't be helpful for them to know before replying.



Dr Michelle Dickinson (Nanogirl) has a great informational video for kids about COVID-19.

See it <https://www.youtube.com/watch?v=OPsY-jLgaXM>

#### Tips – if your child is anxious

- Try offering children simple choices to help give them a feeling of being in control. Would they like to use the red towel or the white towel to dry their hands? Spend some time together - would they like to do a puzzle or listen while you read a story? Make sure that you choose options that are both acceptable for you, so there is no chance of getting into a power struggle.
- Help them do some deep breathing exercises. (This works for adults too.) Gently hold their thumb with your hand, have them breathe slowly in and out, and count out loud, "1". Move your hand to hold their pointer finger, have them breathe slowly in and out, and count "2". Move to your hand to hold their middle finger, have them breathe slowly in and out, and count "3", and so on. You can move across just one hand and count to "5", or both hands to count to "10". Can they do it for you? Can they learn to do it for themselves – many children are now practicing mindfulness exercises at school?

Can they lie on the floor with their hand on their tummy and feel their breathe move in and out? You can ask your child if there are any other strategies that they know and use.

- Sparklers has a range of calming activities you could try <https://sparklers.org.nz/>

## **Make yourself available**

- Children may need extra attention from you, and may want to talk about their concerns, fears, and questions. Make time for them.
- Tell them you love them, and give them plenty of affection.

Be patient; children and youth do not always talk about their concerns readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or work. It is very typical for younger children to ask a few questions, return to playing, then come back to ask more questions. Often they will ask the same questions again and again as they try to make sense of things – keep your answers simple, truthful and age appropriate. Children will be reassured by your consistent responses.

When sharing information, provide facts calmly, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

## **Maintain a normal routine**

- Keep to a regular, predictable schedule to help show your child that their daily routines are in control and will continue as normal.
- Encourage your children to keep up with their schoolwork and extracurricular activities, but don't push them if they seem overwhelmed.

## **Avoid blaming others**

- Explain that sometimes people blame others for events they cannot control, but that this is not correct behaviour.
- Avoid stereotyping any one group of people as responsible for the virus.
- Report any bullying or negative comments you are aware of at your children's school or early learning service.
- Be aware of the influence that other adults with different attitudes on COVID-19 have on your children. You may have to explain to them that some people have different values from the ones that you and your children will follow.

## **Monitor social media and TV**

- Limit your children's television viewing, Internet access and social media involvement. Try to avoid watching or listening to information that might be upsetting when your children are present.
- Let your child know that a lot of COVID-19 information on the Internet may be based on rumours and inaccurate information.

## Review and model basic hygiene and healthy lifestyle practices

- Talk about what you and your children what they can do to help prevent infection.
- Wash hands multiple times a day for at least 20 seconds each time (singing Twinkle, Twinkle Little Star slowly takes about 20 seconds) and dry hands thoroughly.
- Cover their mouths with a tissue when they sneeze or cough, and throw away the tissue immediately; or have them sneeze or cough into the bend of their elbow.
- Do not share food or drinks.
- Practice giving fist or elbow bumps instead of handshakes. Fewer germs are spread this way.
- Discourage the child from touching their eyes, nose, and mouth.
- Encourage your child to eat a balanced diet, get enough sleep, and exercise regularly to develop a strong immune system for fighting off illness.
- Discuss the new rules or practices at the child's school or early learning service.
- Keep in contact with your child's school or service and let them know if there have been any changes within your family.

### What to emphasize when talking to children about school

- Adults at school are taking care of your health and safety.
- Not many people have the COVID-19, and most of those who do will not get very unwell.
- Teachers are being especially careful to make sure that as few people as possible get sick.
- Children and students need to treat each other with respect and not jump to conclusions about who may or may not have COVID-19.
- There are things you can do to stay healthy and avoid spreading the disease, including covering your cough or sneezing into your elbow or a tissue, then throwing the tissue in the trash.
- Wash hands often with soap and water (20 seconds) and dry them thoroughly.

Please follow Covid-19 advice by visiting

**[www.covid19.govt.nz](http://www.covid19.govt.nz)**