



Dear Students,

I am sure by now that you are all aware of the impact that COVID-19 is having on our school community. One of the biggest impacts may be a directive from the NSW or Federal Government that the school site must close, but that learning should still continue in a remote capacity. I wanted to share with you some details of our plans to allow you to prepare yourselves should this happen.

First of all, I encourage you to remember what you have learned about being resilient and resourceful and to apply that to this situation. I want you to be compassionate, it is in a crisis when society most needs us to care for those around us - be kind, and look for opportunities to support others. I also believe that we should be staying connected, keep in touch with your friends and family, share some laughs and support each other.

What approach will the school take?

- **To provide clear two-way communication pathways within our school community.**

As a school, we will endeavour to provide you with information with clarity, in a timely and helpful manner. We know that the situation is uncertain and evolving, and I wish to reassure you that the school is well prepared for what could eventuate.

It is helpful for us to hear your concerns, so that we can talk through individual situations and solve challenges together. Please speak with your teachers and let them know how you are feeling, and how they can help you.

- **To provide accurate, timely information to you**

There is a lot of information around at the moment. You don't need to hear it all. However, we will let you know when we think the information relates directly to you.

- **To ensure that we have solid systems in place, should we be required or directed to commence remote campus learning.**

Our Senior and Junior School team, led by Mr Hamaty and Mr Thompson, the Administration, IT and Community Relations staff are working tirelessly to have things ready. We are committed to ensuring you will continue to have access to great learning opportunities under all circumstances.

- **To ensure for student, staff and parent wellbeing.**

We have just come through a tough summer holiday with bushfires, followed by floods. Many of us will be feeling overwhelmed with difficult news. We want to acknowledge that and encourage you to seek help if you need it.

We also want to remind you that good personal hygiene is one of the best. Practising good hand hygiene and sneeze or cough hygiene is the best defence against most viruses. Therefore everyone should wash their hands frequently with soap and water, and importantly, before and after eating and after going to the toilet.



What has changed while school is still open?

The Department of Education has advised us that we need to cancel all excursions. Many of you have already been notified of any changes that apply to you. Please check the portal as all details are being kept up to date there.

We are also cancelling all large whole school assemblies. This means that on Mondays students are to move straight to homeroom. Easter Chapel will happen during normal chapel time.

What will remote learning look like?

In the event of a school site shutdown, students in Years 3-12 will access their learning via Canvas. The Canvas dashboard will contain all the courses that you are enrolled in. Within each course area you will find learning activities such as readings, quizzes, videos, and questions posted by your teacher. You will also have opportunities to interact with your classmates and your teachers via online discussions, video conferencing, chatting and email.

So what will a day of remote learning look like? You will initially be following your normal school timetable so the day will start with an online check in with your homeroom teacher at 8.30am. You will then move to the course that you would have normally had in period 1 then period 2 etc. In each course you will see a daily announcement from your teacher highlighting anything you need to know. You will see a to-do list and this will guide your learning for the period. Your teacher will be available to assist you during the time you would normally have them. At break times we encourage you, actually we expect you to go outside and get some exercise, do some chores, walk the dog..

Much of your learning wont be live. You may watch pre-recorded videos and do other online activities. For example you may be asked to do some maths exercises, photograph your work and upload it for your teacher to check. During the week though, there will be times that you check in face-to-face with your teacher and classmates via a video conference. This is important to maintain connections and will be compulsory.

Teachers understand that online learning has different demands to regular classes and so it is likely that the workload will initially be less while we all get accustomed to the new online environment. Nevertheless there will be expectations that you will engage with your learning and complete tasks that are set to the best of your ability.

If you need assistance at any stage there will be plenty of people to help you.

Who can I go to for help during remote learning?

There will be a lot of support available:

- Similarly to a normal school day, your homeroom teachers will be available via email and will be checking in with you regularly.
- Year Coordinators and Junior School Pastoral Care Coordinators will be available to conference via phone with an appointment and will also be available via email.
- School Psychologists and Head of Pastoral Care and Chaplains will be available via phone or video conference with an appointment and can be accessed via email.
- Defence mentors and our Aboriginal Education Mentor will be in touch with relevant families as to the support they can provide during this time.

Please be aware our staff will always try and get back to you within 48hrs if they themselves are well and working. Delays may occur if staff are not working specific days in the same way it would if a staff member was offsite or unwell.



Will we keep using BLP during remote learning?

Building Learning Power is an important part of our learning and teaching here at NAC. If we begin a new journey with remote learning we encourage you to:

- Be **Resourceful** and ask lots of questions and to “check in” to clarify your thinking with your peers and your teachers and therefore enable you to complete the required learning tasks
- Be **Resilient** and to take risks with your learning and seek assistance if needed and support each other in a collaborative environment. We want you to demonstrate persistence when you are confused and seek clarification to maximise the benefits and enjoyment of the new platform of learning
- Demonstrate **Reciprocity** by being engaged with your teachers and peers with your online Canvas learning system so as to maximise your participation in your learning
- Be **Reflective** by being aware of the Learning Intentions and Success Criteria of each learning module so you know the what, the why and the how of each learning task. You are encouraged to maintain communication with your teachers and receive feedback to help you to continue to improve and demonstrate your learning. Remember to plan out your week so that all learning remains achievable and progressive - commitment to set routines will support you in succeeding
- Be **Respectful** towards each other and remember that every question is an opportunity for clarification or an indication of wonderings
- Be **Compassionate** and kind to each other as we support each other in a new and different area of challenge and living
- Be **Wise** as we embrace our current situation as a way to learn in a different way and a way to support the broader community

Enjoy a different mode of learning. Ask questions, imagine and explore the possibilities as you begin to take a more active role in building shared responsibility for your learning with increased communication, feedback and reflection. Be proactive and positive, as we continue to develop into life-long learners, ready and able to make a difference in our world.

What are my responsibilities during remote learning?

- establishing and/or following a daily routine for learning
- identifying a safe, comfortable, quiet space in their home where they can work effectively and successfully
- regularly monitoring digital platforms and communication (Canvas, email, etc.) to check for announcements and feedback from teachers
- completing tasks with integrity and academic honesty, doing your best work
- doing your best to meet timelines, commitments, and due dates
- communicating proactively with your teachers if you cannot meet deadlines or require additional support
- collaborating and supporting your classmates in their learning
- seeking out and communicating with school staff as different needs arise.

What can I do to get ready for remote learning?

- Create a quiet and comfortable learning space. You may have a regular place for doing homework under normal circumstances, but this space may not be suitable for working in for an extended period of time. The space should be quiet and have a strong wireless internet signal.
- Set some personal learning goals and share them with your homeroom teacher
- Stay up-to-date with your current assessments and work
- Ensure your laptop is working and you have a charging cable at home.
- Get your friends phone numbers so that you can stay in touch.

- Plan and prepare some fun physical activities you can do alone or with siblings .e.g. Bike riding (check your tires), shooting hoops (pump up the ball), dancing, skipping, hopscotch, backyard soccer, walking etc...
- Remind yourself how to be a safe digital citizen [here](#).

How can I take care of my wellbeing during remote learning?

It is essential during this time that we are proactive in looking after our physical, mental, emotional and spiritual health. Students will have access to a range of strategies on their Homeroom Canvas page. All parents will also be able to access some of these resources and suggestions via the school website. There are some great suggestions that can help sustain your wellbeing during remote learning including, making times to socialise via phone or video conference and ensuring you maintain some physical activity. It would also be helpful to:

- Ensure you take the time to get dressed and groomed appropriately in the morning. This will help you feel awake and ready to learn.
- Establish and maintain a routine. This should incorporate proactive wellbeing strategies and physical activity which will be available via Canvas or the school website.
- In the same way you would walk between classes and take a short break, you should take a break between classes. Walk around, or stand up and stretch, that few minutes can be really valuable for your body and mind.
- Feed your body nutritious food and be mindful of your eating. Be careful not to eat out of boredom or skip meals. A routine of nutritious food will help your mental state and help your body function well.
- Make sure you maintain your relationships, take the time to talk to people. Text connections are great but facetime, skype or video calls can help you feel connected at this time.
- Consider learning a new skill, there are plenty of resources online that can help you learn something new as a hobby such as yoga or crochet, maybe facetime a group of friends and try and learn together.
- Spend some time outside, particularly if it is nice weather. It can be really beneficial for your mental health.
- Be kind to each other. Support people where you can. We are all going through this together and your support could be incredibly valuable to someone else.
- Be mindful of the information you are consuming, check your facts, be critical about what you read online and ensure you are pursuing positive content.

If you have any questions or feel concerned at all, please ask for help, your Homeroom teacher is a great place to start.

Regards



Mr Hamaty
Deputy Principal