



Staying Connected

As we commence this period of remote online learning and increased physical isolation, it is important to consider how we can remain connected – and support our children in doing so. The wellbeing benefits of regular human interaction are vast and during this period of uncertainty, it will be more important than ever to factor this in to our daily routine.

Helping Your Child to Stay Connected

Students across campuses will have regular contact with their teachers and pastoral staff via Zoom and other online platforms. Please ensure that your child is making the most of these opportunities. Students who are in different time zones will need to stay in contact with their teachers to schedule alternative times to connect.

We have also encouraged students to use technology to stay connected with their peers outside of scheduled class time. This is particularly relevant for those students who may be feeling particularly isolated due to their location and/or time zone. If technology or Wi-Fi is not available, there are still the options of text message, phone call or letter writing.

Family Connections

School closure may mean that parents will have the opportunity to support their child's online learning; as well as encouraging play and other activities outside of scheduled learning time. This [podcast](#) highlights the importance of unstructured play for your child's wellbeing. Parents of older children may encourage activities which engage their child's strengths and interests, providing regular breaks from screen time. There may also be the opportunity for meaningful conversations about current global challenges. Access this [video](#) for some advice as to how to talk to children about their worries or fears. Some guidance has also been provided in the recent [Supporting Your Child](#) resource.

Remembering to Breathe

Your child will receive suggested brain-breaks, mindfulness and wellbeing practices throughout this period of online learning. Remind them to stop and breathe at regular intervals to promote a sense of calm, focus and connection during this period of uncertainty. You can access a range of meditations from the [Smiling Mind](#) app to use as a family for this purpose.



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