



## Remote Learning

@ GGS

# Supporting Your Child Resources for Parents during Remote Learning 2.0

The following resources may assist parents and families in prioritising daily wellbeing practices and responding to the challenges remote learning and the COVID-19 pandemic may pose.

The [Reconnect GGS](#) page contains a range of wellbeing activities for individuals or groups. These include yoga and meditation practices, brain breaks, activities for cultivating character strengths and other helpful wellbeing practices.

### Engaging Character Strengths:

For more on how you can harness your families' character strengths, you can access the VIA Character Strength survey [here](#). Our Institute of Positive Education have also developed a [Strengths Spotlight Podcast](#) with insights into how to engage our strengths.

### Mindfulness:

There are a range of excellent mindfulness resources available, including apps such as [The Smiling Mind](#), [Headspace](#) and [Insight Timer](#). The Smiling Mind has also developed [Digital Care Packs](#) for families.

### Wellbeing at Home:

Our Institute of Positive Education have suggested some [family wellbeing activities](#). Independent Schools Victoria have also compiled a range of [engaging activities](#) for kids at home.

### Parenting Resources:

Other helpful resources have been provided by Andrew Fuller, including: [Ten Hints for Creating Resilient Families](#), [Helping Students in the Senior Years](#) and [Depression-proofing your kids](#). Parent expert, Maggie Dent, also provides a range of resources to assist parents with common parenting issues and dilemmas [here](#).

### Remote Learning @ GGS:

There are numerous remote learning resources to support students and their parents – which can always be accessed [here](#). Our Institute of Positive Education have also developed [activities to support remote wellbeing and learning](#).

### E-safety:

As our children spend more time online, it is also important to be proactive about e-safety – you can access a range of tips for staying safe online during COVID-19 [here](#).

### Mental Health Resources:

If your child requires extra support, there is a strong network available at the school, which is outlined [here](#).

Further mental health resources and services can be accessed from the following organisations:

Headspace: <https://headspace.org.au/>

Beyond Blue: <https://www.beyondblue.org.au/>

RUOK: <https://www.ruok.org.au/>

Reach Out: <https://parents.au.reachout.com/one-on-one-support>

Butterfly Foundation (Eating Disorders and Body Image): <https://butterfly.org.au/>