

WILDERNESS
SCHOOL

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Remote Learning at Home | Student and Parent Guide

Student Learning Enrichment

Helping your daughter to be an engaged learner

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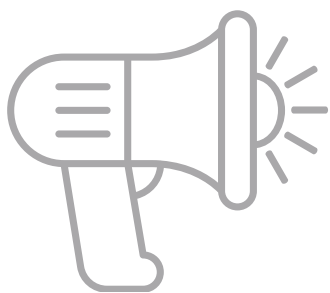






5 steps for creating a study space at home

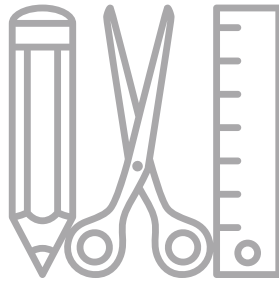
1. Remove all distractions



This tip focuses on encouraging your daughter to get into a studious mood. This will inevitably come down to personal preference but here are some tips on things for her to avoid in her study space:

- Mobile phones and video games
- Lots of open tabs on her computer (this includes turning off notifications to social media sites)
- Messy food (including junk food) and drinks.

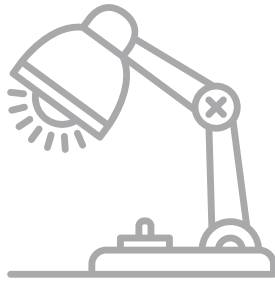
The goal of a study space is to provide an environment in which she can remain engaged and minimise the amount of effort necessary to do so. You can't do that if the space is full of distractions.



2. Have easy access to everything she needs before she starts each day

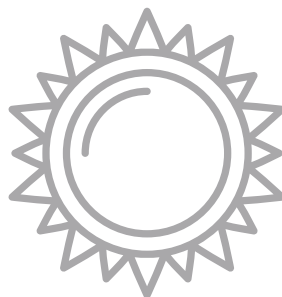
This will come down to personal preference and the list below is by no means exhaustive. One of the advantages of creating a study space is that it is complete customisable. If it helps your daughter become more focussed and engaged, then embrace it.

- A comfortable chair
- Your laptop/computer/iPad
- Textbooks or e-reader with relevant books loaded
- Pad of paper to write down distracting thoughts. While studying, your daughter is bound to have “great” ideas, or just remember stuff she needs to do. Encourage her to not let these thoughts distract her – instead write them down on the paper to get them out of her head and review later
- Writing utensils appropriate for each subject
- Calculator or other subject specific tools as necessary
- A water bottle
- Healthy snacks. This will help keep her blood sugar up, ensuring she can stay engaged for longer
- Using her school diary for important dates. This is way more helpful than she might think – she can check timelines without distracting herself by going on Google or looking at her phone
- Study music or ambient noise.



3. Experiment with lighting

Experiment with different brightness levels until she finds something that works well for her. Lighting is important. Especially when she is connecting to WebEx - her teacher and classmates need to see her. When she is reading from a textbook or doing other paper-based tasks such as maths problems, if she is having to squint at the book then she probably needs more light. Where possible the girls should try to set their workspace up near a window or natural light. If this isn't possible, a desk lamp is always useful.



4. Adjust the study space to the ideal temperature

The temperature of the room can make a considerable difference when attempting to create a productive study space. Not only can an environment that's too hot or cold cause your daughter to be consciously distracted, it can also cause her to make more mistakes.

Researchers at the University of Helsinki and Lawrence Berkeley National Laboratory reviewed several studies on how temperature affects office worker productivity. They found that, on average, productivity is highest in a temperature range between 22°C and 25°C. Below or above that range, errors increase.

We understand our girls won't always have control over the temperature of their study space but do what you can to get the temperature into this ideal range. If it really is unbearably hot or cold, then it may be worth it to temporarily move to another study area in your house that has a more pleasant temperature.



5. Frequent moving and positive posture

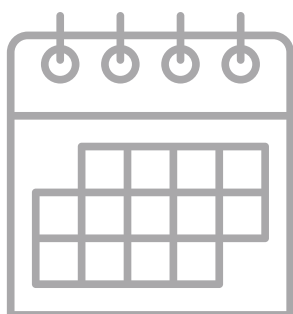
Our girls aren't used to sitting in front of their computers for a long period of time and it can be difficult to sit in the correct position all day. Encourage your daughter to keep her back straight to prevent her shoulders from rolling forward, keep her weight evenly distributed while her feet are flat on the ground and use a chair that enables her knees to bend at a natural 40-degree angle. This will assist in maintaining positive posture while working.

Tip: Encourage your daughter to frequently shift their posture throughout the day by standing up or stretching. Our teachers will be encouraging this too!

The [Wildy Wellness Guide](#) hosts a video archive featuring a number of useful stretches and exercise our girls can do at home.

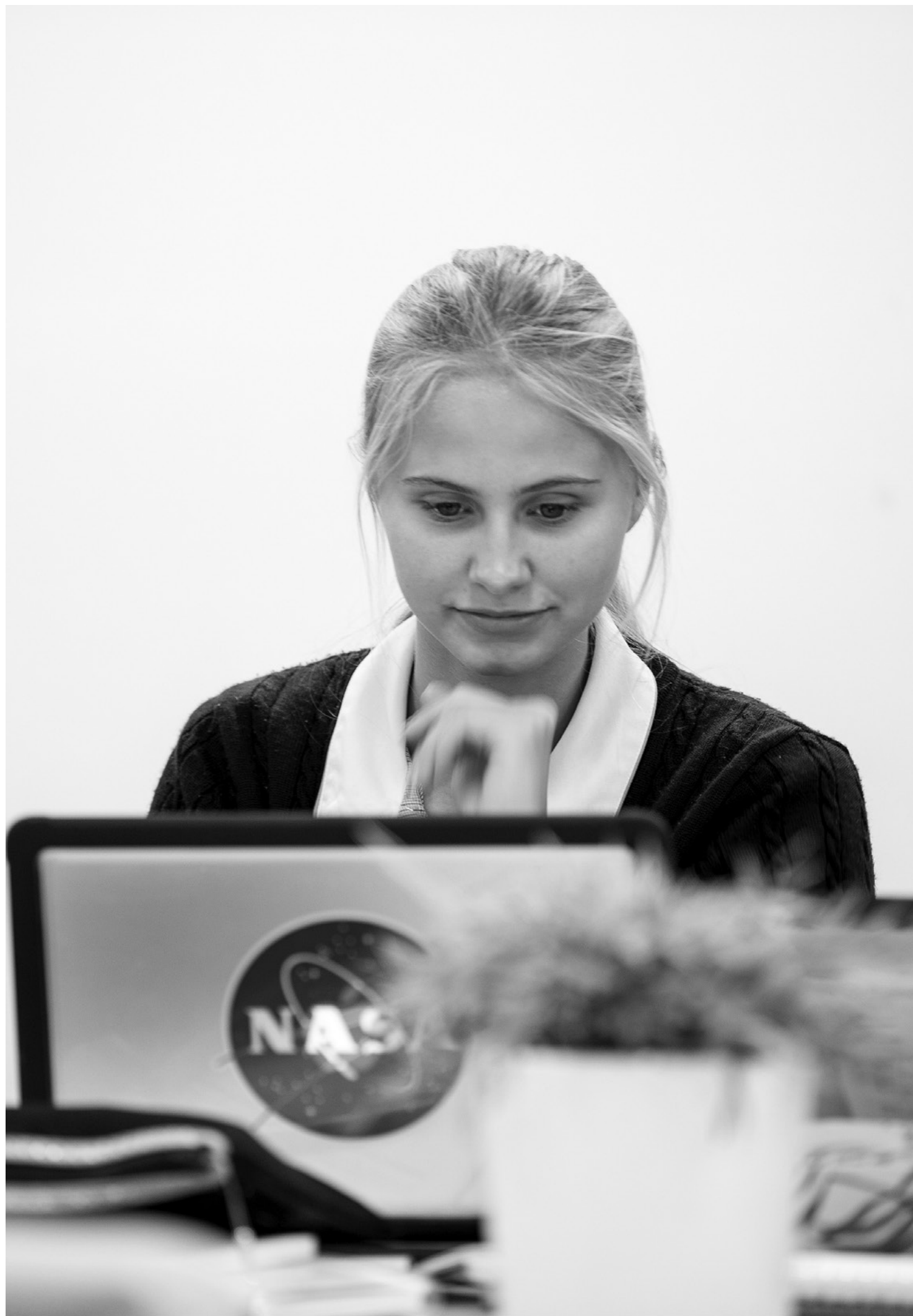


Keeping to a routine and schedule



Everyone needs structure and routine and we know that when this is missing, it can lead to a lack of productivity and changes in behaviour. We have ensured that our girls will be following their class timetable during their school day, but there are a few extra things you can do at home to help:

- Encourage your daughter to get out of bed at her normal time, get dressed and have breakfast prior to starting lessons
- Encourage your daughter to use her breaks to go outside. This will ensure she has a break from her screen and gets some fresh air. Our teachers will be encouraging this too
- Continue with family routines around mealtimes and bedtime.



Balancing the use of technology



One of the hardest aspects to this remote learning period is regulating technology use.

Encourage your daughter to have a scheduled activity that doesn't involve technology and urge her to make the decision to turn off notifications and/or set her phone to aeroplane mode and/or leave it in another room.

A small 'ding' or a flash of light from her screen is enough to break any moment of 'learning flow'.

We understand your daughter is a social being and she needs to interact with her peers whether via social media, Skype or gaming. We need to provide her with this opportunity, but we also encourage setting limits. Try scheduling her social time. The last thing you want is to have her socialising late at night and into the early morning. This will most definitely have a flow on effect the next day.



Mindfulness and exercise



During times of uncertainty it is easy to get caught up in worrying about things which we ultimately cannot control. It is reasonable and understandable that your daughter is concerned, but we need to ensure that we are responding in ways that support both our own emotional wellbeing and that of the those in our care.

Our teachers have developed a [Wildy Wellness Guide](#). This guide was initially created as a resource for our staff but contains a number of resources on physical and emotional wellbeing that you may find useful. These include:

- Age specific physical activities
- An exercise catalogue
- Information on physical literacy
- Resources on self-care, mindfulness and meditation .

Our teachers will be encouraging your daughter to use this resource to maintain balance and a positive mindset throughout her day. Ask your daughters to show you these resources, maybe she can set up a 3-minute mediation session for your family?

Family Support Pillars

Tip and resources for parents

- 19.** Dealing with feelings in times of uncertainty
- 21.** Connect with your daughter
- 23.** Be kind to yourself







Dealing with feelings in times of uncertainty

Your daughter will be looking to you to see how she should respond during this time. Our girls need to see that we're not panicked; that we're coping well and resiliently with the information being presented. Speaking to her about the situation in a calm manner and asking her what she already knows to clarify any misunderstandings she may have is a good place to start. Let your daughter know that it is normal to experience some anxiety when new and stressful situations arise.

Some practical tips to consider are:

- Try not to leave the TV news on, even if in the background. It's important that you control the narrative and have open non-catastrophic conversations – giving just enough information to reassure her
- not overwhelming her with unnecessary information (e.g., death rates) as this can increase her anxiety
- reassure her that the virus is less common/severe in children compared to adults
- allowing regular contact (e.g. by phone) with people she may worry about, such as grandparents, to reassure her they are okay
- Talk about how she is feeling and explain to her that it is normal to feel worried about getting sick
- Listen to your daughter's concerns and reassure her that you are there to help her with whatever may arise in the future.

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that your daughter can speak to you about her own concerns.



Connect with your daughter



Remember too, that this time is a gift and not an inconvenience. Go outside, go for a walk, enjoy the sunshine, laugh and play together – just be present in the moment and each other's company. Show and tell her how much you love and care for her and enjoy the opportunity to reconnect with your daughter, free from distraction.





Be kind to yourself

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently. Try to make time for activities and hobbies you enjoy and keep up a healthy lifestyle by eating a balanced diet, exercising regularly and getting quality sleep. Practising relaxation, meditation and mindfulness can give your body a chance to settle and readjust to a calm state.

These are extraordinary times. Know that you're not alone. Reach out and maintain your friendships with other parents, friends and family. Be kind to others. Be kind to yourself.

