



**Prep – Year 3, 2022**

**A supporting document for Parents**

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## Overview

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Prince of Peace Lutheran College has developed the **FLEX@PoP** learning program for students in Prep to Year 3. This program will take a flexible and developmentally appropriate format, varying in detail and process as needed for each year level.

### Guiding Principles:

- The College recognises that during these uncertain and rapidly changing times that parents, students and staff are operating within new circumstances under increased pressure.
- The highest priority at this time must be given to the health and well-being of all in our community.
- To uphold each other in prayer and to acknowledge each person's unique circumstance, many unknown to each of us.
- Flexibility within routine will be critical to sustaining **FLEX@PoP**. This new environment **MUST** look and feel different to 'school' to be responsive to the individual needs of students and their parents, many of whom will need to work at home while supporting their child's **FLEX@PoP**.

### Our Aim:

- To ensure, where possible, that our students continue to be engaged academically, physically, socially and spiritually throughout the weeks to come.
- To provide continuity of learning within the ever changing social circumstances of society.

### Shared Understandings:

- These are difficult times, and patience and love will be required in extra measure.
- Individual circumstances for those in our community change every day. Prayer and conversation will be needed to support those around us.
- The Lutheran Values we hold dear: Love, Justice, Compassion, Forgiveness, Service, Humility, Courage, Hope, Quality and Appreciation are needed in abundance as we each face new and challenging experience.

All students, from Prep to Year 3, will be utilising technology in new ways, balancing the excitement of change, with the reality of learning in an environment that has generally been reserved for rest, recreation and rejuvenation. As such, balancing routines with family life will be vital to the successful delivery of **FLEX@PoP**.

## Included in this document:

This document is designed to provide you with basic information to be able to:

- Understand how to access your child's learning
- What to do if you are experiencing difficulties in accessing their learning
- Explain how to contact your child's teacher and how often you can expect to hear from them, and
- Outline key digital platforms needed to access your child's learning, including a variety of 'How To' fact sheets for each platform and a variety of devices.

This document will help outline steps to guard and protect your child's Social and Emotional wellbeing as well as to explain how Worship will be carried out during this time.

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## Social and Emotional Well-Being

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As we work together to implement **FLEX@PoP** the students may experience a wide range of emotions as a result of this new 'normal'. In particular, social isolation, while critical to the health of society at this time, can bring difficult feelings for students to understand and cope with. It will be vital that opportunities are afforded to them to rest, relax, eat well, participate in physical activities, and spend time with their families and friends.

To maintain appropriate social distancing is critical, and as such, these times together will be digital. FaceTime, Skype, Zoom and other platforms will allow your child to still see and speak with their family and friends while they are physically isolated. As always, vigilance will be important as they navigate any digital platform and potentially spend more time than usual on their devices.



Practising an attitude of gratitude at this time, when our focus can be dragged into negative spaces will be so important to your child's mental well-being. Take time each day to practice the skills we teach and promote through our Growing with Gratitude program

Access via:

<https://www.growingwithgratitude.com.au/>

1. **An Attitude of Gratitude** – students are guided to regularly think about, discuss and record the things they are grateful for in their daily lives and environment.
2. **Random Acts of Kindness** – students are guided to plan for and regularly complete small acts of kindness.
3. **Positive Reflection** – students are guided to reflect on and record the things that they are grateful for and any positive experiences they have.
4. **Wellbeing Warriors** – students choose to complete a minimum of 15 minutes of exercise, read five pages of a book, make healthy food choices, or complete a mindfulness activity or meditation each day.
5. **Operation Home Service** – students are guided to plan ways they can regularly help out at home e.g. doing the dishes or cooking dinner.

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## Worship

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Caring for the spiritual development of your child and finding opportunities to worship together remain a vital part of our community at Prince of Peace, and we will now be taking this online. Each day our students will still be able to participate in class devotions through Zoom. Not only does this assist in providing time to hear of God's love for them all, but it also provides connection to their friends, teachers and Christ.

Class Devotions will take place each day from 8:30am – 8:45am and will be followed by the beginning of their lessons. The College is committed to finding ways for us all, as a College, to worship together too and will continue to investigate Whole College Worship options through Zoom and other avenues should **FLEX@PoP** need to continue.

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## We are here for you!

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These are unprecedented times, and it is our honour to continue to serve you by providing access to quality learning pathways for your child. We also want you to know that we are praying for you.

- ✝ We are praying for the health and safe keeping of you and your loved ones. We look forward to when we are together again.
- ✝ We are praying for the renewal of energy for our frontline workers and their families. May God protect them, strengthen them and return them to their families each day.
- ✝ We are praying for our students who we already miss terribly. May they know their Father's love in their lives each and every day.
- ✝ We are praying for our educational colleagues around the world as they undertake an alternate way of teaching. May the collective spirit of all rise above the challenges we face so that solutions and celebrations can be experienced.
- ✝ Finally, we are praying for you, our parents. As you stand next to your child in their learning, may you feel peace, calm, confidence, joy and love through this time. May you experience the joy that we feel when your children succeeds at something new, the warmth you experience as they overcome challenges and admiration you feel as they persist with their learning.

God's richest blessings on you all. He has got you, we are here for you, and together we WILL overcome.

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## A message from our staff to you

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To the parents and carers of our beautiful students,

It is our pleasure to continue to care for your students during this time of uncertainty. This will mean that we too will be experiencing a steep learning curve as we continue to deliver quality teaching and learning to your children, and excellent support and resources to you. In so many ways, we are all learners now more than ever, and are so grateful for your continued encouragement.

### Here are some special things we know about your children:

- ✚ They are amazing, vibrant people, made in the image of God. We adore them and will miss them while they are experiencing **FLEX@PoP**
- ✚ There will be times when they astound you with their knowledge and capacity. Celebrate these moments with them, just as we would here. It can be as simple as a wink, hi-five or a hug. Trust us, they will love it.
- ✚ Prepare yourself and your child for tough times with learning too. Patience will be key. **FLEX@PoP** is new for everyone, and things could be a bit rough and rocky for a while. Know when to call it quits for a bit and head outside. Research tells us that an anxious, stressed brain cannot process learning (student) or make calm decisions (parent/ teacher). So for the sake of you both, when the going gets tough: pause, play, breathe, space yourselves out (maybe even go to your rooms) and then come back to the learning space when you are ready, with a hug and a reassurance that it will all be ok.
- ✚ Play, creativity, rest and good food provide the conditions for happy and healthy learners. In each of our classrooms we find personal and unique ways to buoy the spirits of our students each day. Consider what your style may be. Some of ours include:
  - Dance parties to celebrate or begin learning
  - Quiet reading or drawing
  - Circle time, where we share our feelings and hopes
  - Fitness time before and during learning to break up the day
  - Sharing funny stories or jokes of the day
- ✚ Everyone learns at a different pace and in a different way. As you connect with other families online or during video conferencing, it will be important that you do not compare your child's journey with another child's journey. Each circumstance will be unique and our encouragement is to enjoy this time as an opportunity to really see your child at work and play.

So finally, know we are praying for you and your child, we are working hard to support you and we will endeavour to remain connected with you all. Remember this:

You've got this! We've got you! And God has it all!

With all of our love, ***the Teachers of PoP***

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## FLEX@PoP - Prep to Year 3

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Students in Prep to Year 3 will receive a tailored program through FLEX@PoP which recognises their unique learning needs for activity, short learning sequences and play. As FLEX@PoP is positioned at the beginning of 2022, the decision was made to provide hard copies of learning activities to families as they picked up their book packs. It is our hope that this week of optional introductory activities and tasks will encourage children to engage with the learning journey and be ready to resume face to face learning on February 7, 2022. Should the return to face to face learning be delayed further, Prep to Year 3 students will move to a more on line learning model and further information will follow.

A few key reminders:

- Each Year level has outlined a **suggested** daily plan. This is provided as a guide for you. It is a reminder of the key components to include in your child's day and can be tailored by you every day to meet the unique circumstances of your household that day.
- Hard copies of the activities for the week were included in the book packs but teachers will send these electronically via SEQTA each day along with a Zoom link for a beginning of the day meeting.
- The daily activities will cater to their physical, academic, spiritual and social needs (although we certainly encourage further parent organised social interactions via safe methods such as FaceTime, Zoom video conferencing and Skype, to name a few.)
- **When all else fails, READ!** Read to each other, read to yourself, FaceTime a friend and read to them. Read, Read, Read! Not only is it some of the best learning around, but it is a wonderful family activity to share together. And don't forget to use the funny voices that our students love so much!

## Prep to 3

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| How will students access the learning plan for their year level/class? | <ul style="list-style-type: none"> <li>Parents will receive a daily learning plan via SEQTA DIREQT message every evening by 7:00pm. The Zoom link for the beginning of the day catch up, devotion and check in will be included in this message.</li> <li>Parents are encouraged to look through the learning for the next day, and speak with your child to discuss what their learning day will look like to work within the family's needs.</li> <li>Initially tasks will include a variety of get to know you activities, introductory lessons to units of work, and English and Mathematics tasks.</li> </ul> <p>Should <b>FLEX@PoP</b> need to continue, other subjects and specialist areas will be included. Reading, spelling, brain breaks, and other optional tasks will be available.</p> |
| If you or your child are experiencing difficulties, what do you do?    | <ul style="list-style-type: none"> <li>In the first instance, contact your child's teacher as you would by SEQTA DIREQT message.</li> <li>In the event that your child's teacher is absent or unable to respond within a 24 hour period, then families will be advised via DIREQT message in SEQTA of plans for this absence.</li> </ul>  |
| How often can parents/ students expect to hear from their teacher/s?   | <ul style="list-style-type: none"> <li>Classroom teachers will SEQTA message their parent group every evening by 7pm. This will outline the suggested activities for the next school day.</li> <li>All parents are asked to sign up for the free version of Zoom, a video conferencing app. An invitation for a Zoom meeting will be provided with the learning tasks each day. This is an opportunity for us to check on the wellbeing of our students. This time should include a quick class devotion, an online chat and other wellbeing activities.</li> </ul>   |
| Key online Apps/ links to sign up too                                  | <ul style="list-style-type: none"> <li>Zoom</li> </ul>  |

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## ‘How to’ guide sheets for Parents

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The College has prepared a variety of ‘How to’ guide sheets for parents. These are designed for Parents to help you get started and trouble shoot some possible problems with the digital learning platforms we will be using.

During this first week of optional introductory activities, we have chosen hard copies for our youngest students. Should **FLEX@PoP** need to continue these ‘How to’ guides will certainly assist with our online digital platforms.

### **Included on our Website are the following ‘How to’ guide sheets:**

1. Seesaw for Prep – Year 3 students for Computers
2. Seesaw for Prep – Year 3 students for iPads
3. How to ZOOM for Computers
4. How to Zoom for iPads