



Years 4 – 6

**A supporting document for Parents
2022**

Overview

Prince of Peace Lutheran College has developed the **FLEX@PoP** Program for students in Year 4 to 6. 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 to and 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 unusual times being experienced by our students, parents and staff. 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 experiences.

All students, from Prep to Year 6, 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.

Social and Emotional Well-Being

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

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.

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

Worship

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 their Teams. 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 beyond February 4.

We are here for you!

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 a very new way of teaching. May the collective spirit of our 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 their 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.

A message from our staff to you

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***

FLEX@PoP - Years 4 to 6

Students in Year 4 to 6 are well established to thrive in the move to online learning. As with in class learning, the programs provided to them through **FLEX@PoP** will continue to recognise their unique learning needs including for physical activity, strong bursts of learning and opportunities for down time. The greatest enhancement tool to the prepared learning sequences by our teachers will be their school device, their Laptop. Ensuring that your child's laptop is fully charged and ready each day will be vital for continuity of their learning.

A few key reminders:

- Ensure your child is connected to Microsoft 365 and that they are able to access their school account. If you have any difficulty, please contact your child's teacher.
- Ensure your child is connected to Seesaw and that they are able to access their school account. If you have any difficulty, please contact your child's teacher.
- The activities for each day will cater to their physical, academic, spiritual and social needs (although we certainly encourage further parent organised social interactions via safe online methods such as FaceTime, Zoom video conferencing and Skype, to name a few.)
- Each Year level will outline 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 to meet the unique circumstances of your household from day to day.
- Please be aware that some content may be delivered by watching videos from YouTube. In a school environment these are supervised by teachers to ensure that they only watch the intended content. It is important that devices are not used by students without parent supervision. The same digital safety measures we have in place for students when working at school, such as our firewall, are not available when working at home. Vigilance is required.
- **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!

Years 4 to 6

How will students access the learning plan for their year level/class?	<ul style="list-style-type: none"> • Parents will receive a daily learning plan via SEQTA every evening by 7:00pm. • Students will receive the same daily learning plan via Microsoft Teams every morning. • 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. • Initially tasks will include a variety of get to know you activities, introductory lessons to units of work, and English and Mathematics tasks. Should FLEX@PoP need to continue, other subject and specialist areas will be included. Reading, spelling, brain breaks, and other optional tasks will be available. • Many tasks will involve utilising Seesaw, Literacy Planet, Maths Online and other specific learning links. • Students will be asked to show their learning through their OneNote, by using the Seesaw app and via email as required. In this first week, teachers will be monitoring and connecting with students, but not conducting extensive marking or feedback.
If you or your child are experiencing difficulties, what do you do?	<ul style="list-style-type: none"> • In the first instance, contact your child's teacher as you would by SEQTA. • 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 SEQTA of the plans for this absence.
How often can parents/ students expect to hear from their teacher/s?	<ul style="list-style-type: none"> • Classroom teachers will email their parent group every evening by 7pm with the next day's learning plan. This information will also be in your child's Office 365 Teams in the section marked General in the class notebook section (see included TEAMS fact sheet for assistance.) • Each day students can check in via a Teams meeting at the beginning of the day. This invitation 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.
Key online Apps/ links to sign up too	<ul style="list-style-type: none"> • Seesaw • Other links provided by your classroom teacher • Zoom • If you child is new to Prince of Peace, please note the information about Microsoft Teams.

'How to' guide sheets for Parents

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.

Included on our Website are the following 'How to' guide sheets:

1. Year 4 to Year 6 Microsoft Office Teams How To Guide
2. Seesaw for Prep – Year 2 students for Computers
3. Seesaw for Prep – Year 2 students for iPads
4. How to ZOOM for Computers
5. How to Zoom for iPads