

North Shore Coaching Bella Vista

Distance Learning Guidelines

Parent's responsibilities during distance learning

- providing support for your children by identifying a safe, comfortable, quiet space in the home where your child can work effectively and successfully taking an active role in supporting your children
- encouraging & reminding your child to observe regular breaks
- supporting your child to process the change – they will be feeling it too
- setting a routine – it's important that you reassure your children with the certainty of a routine and schedule.
- reminding your child:

"This is a temporary situation. We're all in this together!"

[It is important that your child gets up and moves around for regular 'brain breaks'.](#)

Setting up a learning environment

- Try to create a quiet and comfortable learning space.
- A space/location for digital learning should be a place that can be quiet at all times and have a strong wireless internet signal.
- Refer to our Learning Environment Checklist below for more advice.



LEARNING ENVIRONMENT CHECKLIST

In setting up this space the following should be considered:

- ◇ Is the area free of distraction?
- ◇ Is there excessive noise in the area?
- ◇ Are there trip hazards in the area?
- ◇ Is the area exposed to direct glare or reflections?
- ◇ Are there proper desk, chair and other necessary equipment (light, stationery and extension cords etc.) and are these in good, safe and working condition?
- ◇ Is the chair adjusted correctly?
 - Feet should be flat on the floor and knees bent at right angles with thighs parallel to the floor.
 - The chair backrest should support the lower back and allow your child to sit upright.
 - The chair should move freely and not be restricted by hazards such as mats and power cords.
 - Chair arm rests should be removed or lowered when typing.
 - Is the computer adjusted correctly?
 - The screen should be positioned directly in front of your child.
 - The screen should be at a distance where your child can see clearly and easily without straining. The top of the screen should be slightly lower than eye level.
 - The keyboard should be positioned at a distance where elbows are close to your child's body and their shoulders should be relaxed.
 - The mouse should be placed directly next to the keyboard.
- ◇ Are their most frequently used items within easy reach from a seated position?