

VERITY@LoretoOnline - Parent Guide for Supporting Learning

BE PREPARED

- Ensure your daughter has a good night's sleep, a healthy breakfast and **is ready to commence her learning at 8.30am**
- Support your daughter in finding a **quiet space for learning** and encourage her to keep this space **neat and tidy**
- Encourage your daughter to **remove all distractions** that will impact on her engagement with learning
- Ensure your daughter **checks all messages** so that she is prepared for the day ahead



HIGH EXPECTATIONS

- Your daughter is expected to **attend school online each day** as well as all lessons
- If your daughter is sick, then **please follow normal absence procedures**
- Establish home routines, **being punctual** will be important in ensuring your daughter maintains engagement
- Talk to your daughter about her **learning goals and how she will achieve them**



TECHNOLOGY

- Ensure your daughter has **access to Loreto Connect** and has **Microsoft Teams** and **Zoom** installed on her device
- Visit the **VERITY@LoretoOnline** tile on the parent landing page on Loreto Connect to learn more about online learning
- Please **don't record any videos or take photos** of online lessons conducted by a teacher
- **Ensure you daughter is safe online**; visit the SEAD resources for assistance



PATIENCE & PRODUCTIVITY

- **Things might not always work as planned**, that's okay, we are all learning together
- **There are lots of new and exciting learning opportunities** for us all, be patient and kind as we discover new opportunities
- **Be proactive**. If your daughter needs help, contact their teacher, they are happy to help!



COMMUNICATION

At the start of the day, ask your daughter:

- What are you learning today?
- What are your learning targets or goals?
- How will you be spending your time?
- What resources do you need?
- What support do you need?

At the end of the day, ask your daughter:

- What did you learn from today?
- What did you enjoy about today's activities?
- What was challenging? How can we work through this challenge?
- What went well today? Why was it good?
- Do you need to ask your teacher for something?
- Do you need help with something in order for tomorrow be more successful?



POSITIVE RELATIONSHIPS

- **Check-in with your daughter** each day and ask her about learning
- Support your daughter in learning how to **conduct positive conversations online**
- Support your daughter to **keep connected with her friends**, encourage her to reach out beyond her immediate friendship group
- **Stay connected** with the parent community and the College as a whole



WELLBEING

- Ensure your daughter has a **healthy balance between screen time and other activities**
- Try to encourage your daughter not to snack on junk food, ensure she **eats healthy and nutritious meals**
- Encourage your daughter to get **fresh air and exercise during breaks**
- Check-in with your daughter each day regarding **how she is feeling**. If you need support, please contact us
- **Visit SEAD on Loreto Connect** for resources that can help you to support your daughter's learning and wellbeing

