

# Your 'Learning from home' pack

## Year 9-10

Be kind • We're all in this together • Learning happens everywhere • Stay connected • Find a routine • We will be ok

## PARENT AND WHĀNAU GUIDANCE

**Kia ora,**

**This pack is here to support you and your child to continue with their general learning. Your Year 9 or 10 child will know what is relevant to them, and will be able to choose learning that fits in with their own interests**

**Home Learning TV is available on-demand at [tvnz.co.nz](http://tvnz.co.nz), you will find over 300 episodes that have lessons designed for all early learning and school ages.**

**[Learningfromhome.govt.nz](http://learningfromhome.govt.nz) also has a range of learning and wellbeing resources available to support you and your child during this time.**



During this time, it's important that we be kind to one another.

We are sending some fun learning resources for your child to use during this time. These resources may help create a routine with your child and keep their learning alive during this time.

We want learning to be fun, enjoyable and interesting for everyone. If things are becoming overwhelming or frustrating for you or your child, pause, take a moment, have a conversation, try to understand what's working and what's not. The conversation will guide you both on what should happen next. Maybe it's a good time for a break.

### Learning happens everywhere

Your child doesn't need to sit at a desk or complete book work all day to learn effectively.

Learning opportunities happen everywhere, every day. So use whatever you have access to in your home.

- » Ask your child what they would like to do.
- » What has your child been working on at school recently?
- » You don't have to stick to a rigid schedule or timing. If your child is working on something that is interesting to them, let them continue working on it before you move to another activity.
- » Be enthusiastic about any learning.
- » Think about what you have in or around your home that can aid and make learning fun.
- » Involve your whanau in planning for the day.

### Talking with your child's teacher

Don't forget to write down what you are doing so that you can share this with your child's teacher when you have the opportunity to chat.

This pack is extra support should you need it. The school will be setting their own work for children to complete. It's best to communicate with your child's teacher about their learning during this time, if possible.

### Find something that works for your whānau

Learning doesn't just happen between 9am – 3pm so find a routine or schedule that works for all of you. Things to discuss together might include:

- » Do we still need to be ready at the same time we used to – particularly if we don't need to travel to school or work?
- » If you have an exercise routine, then you should continue with that. Your child might also like to join in with you.
- » It may be helpful to plan out what your day will look like. Sit down with your child or children and work out what you will be doing together and what they will be doing by themselves. What time can you block out for learning, breaks and fun?

Everyday could be slightly different until you find a routine and schedule that suits you all.

### Look after yourself

As we continue to adjust to life under different alert levels, it's more important than ever to look after our own wellbeing and the wellbeing of our whānau and community as we get through this together.

*Remember, you are not alone.*

- » Stay connected with friends and whānau
- » Stick to a routine
- » Be kind to yourself and others

Being kind to yourself is very important at this time. Keeping an eye on your emotional and mental wellbeing is critical. It is normal to sometimes feel stressed or lonely. Even if you are not sick you may be feeling anxious about COVID-19. This is normal.

There are some things you can do to lower your anxiety:

- » Try to limit how much media you or your whānau read and watch.
- » Remind yourself this is a normal reaction to the current situation, and will likely pass.
- » Stay connected with friends and whānau, even if it's only 5 minutes a day.
- » Reach out to your usual support network by phone – family and whānau, friends and workmates. Share how you feel and offer support to others, where you can.
- » It helps to stick to a routine - either your normal routine as much as possible, mealtimes, bedtimes and exercising; or creating a new routine around working at home, caring for whānau, or looking after your children.
- » If you feel you are not coping, it is important to talk with a health professional. For support with anxiety, distress or mental wellbeing, you can **call or text 1737** – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

For information on how to support wellbeing for you and your whānau during COVID-19 visit:

<https://www.mentalhealth.org.nz/get-help/getting-through-together/>

### Some items that may be included in this pack

In this pack you'll find guides and/or workbooks for English, Maths, Science, and Wellbeing & Relationships, along with some stationery.

The workbooks are designed to be written in, with the opportunity to pick the activities that are interesting.

Don't worry if your child doesn't want to do a particular activity or they don't want to finish it. These workbooks are extra support – remember that learning is everywhere. For example, they can explore science topics around your home. Science is about observing, describing, and experimenting. Ask questions like '*how does this work?*' or '*what would happen if...?*'.

Encourage reading for fun and interest.

