



Why do I need this information?

The Victorian Government has now advised that all schools will move to remote and flexible learning when students return for Term 2 on Wednesday 15 April.

This means that all students who can learn at home must learn from home.

Teachers will support students to do this, and provide what you need to learn, but there are a number of things that you need to do to ensure any extended absence or closure does not negatively impact your learning.

Where to find your learning materials

- Your teacher/s will have developed learning materials that can be accessed at home.
- Most of these resources can be found by logging onto Google Classroom and accessing each of your classes.
- Check your gmail for invitations to the classrooms.

If you are unable to access XUNO or Google Classrooms from home, please phone the College on 0354841844 and we will make other arrangements for you to access the materials.

How to access other online information

Teachers may ask you to access external online learning from home outside of the Google Classrooms. This could include; Essential Assessment, Maths Online, Stile, EDROLO among others.

Teachers will provide you with support to login. If you have difficulties please contact the College for support.

If you do not know your login, please talk to your teacher/s or send them a message on XUNO.

If you did not take home from school everything you may need to continue your learning program, please contact the College to arrange collection. This includes textbooks, workbooks, class materials, folios, calculators, pencil cases, art supplies etc.

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Learning From Home – Information for Students

How to complete your learning at home

- Your teacher/s will be available via Google classroom and XUNO to support you to do your work.
 - Try to work according to your normal RSC timetable, so you know teachers will be available for assistance, if needed.
 - As far as possible, ensure you work in a space that has good lighting, a supportive seat and minimal distractions (such as a mobile phone, TV, gaming console).
 - Ensure you take regular, short breaks that involve movement out of your chair.
- Ensure you keep in regular communication with your teacher/s and submit any work they have asked you to do. Work can be submitted through Google Classrooms or as directed by your teachers
 - Contact your teacher/s via Google classroom or XUNO if you are unsure about anything in your learning. Regular communication will be vital for authentication purposes.

Work consistently as though it is a normal school day. Use this as an opportunity to work ahead, not fall behind.

Maintain regular communication with the College and contact us if you have any questions or concerns. Your teacher/s will be your first point of contact. If you need to, you can also contact your Year Level Coordinator or Mr. Sanders or Mrs. Gould.

<https://www.rochsec.vic.edu.au/>



Rochester Secondary College

Learning From Home – Information for Students

Tips for good emotional and mental health during this time:

- Maintain routine – keep to a normal sleep cycle, study during school hours and minimise distractions.
- Ensure you take regular, short breaks that involve movement out of your chair – be sure to change your focus and look into the distance e.g. out of a window to counter looking at a screen for long periods.
- Ask for help – if you're worried about falling behind or don't understand something, be proactive and ask your teachers (or other trusted adults) for help.
- Take a break from the news - try to limit your media intake to a couple of times a day and use trusted news sources. If you catch yourself turning to social media because you're feeling isolated, take a break and spend time on another activity.
- Stay active - there's heaps of different types of exercise you can do from home, thanks to YouTube and apps.
- Keep connected - if an in-person meet-up is off the table, try to stay in touch with your mates via text, Messenger, WhatsApp, FaceTime, or phone calls.
- Engage in activities that promote a sense of calm and feeling grounded. Listening to music, meditation, breathing exercises and yoga can be good for reducing anxiety.



Sometimes things can get overwhelming, even if you've been practising great self-care. As most people will be socially distancing or self-isolating, Lifeline (13 11 14), Kids Helpline (1800 55 1800), and eheadspace are good options as they offer free online/ telephone support and counselling. The Regional Triage Service (1300 363 788) is available 24/7 if you're feeling at risk.

As always, you can reach out for support or if you have any questions – call 0354841 844 or email Rochester.sc@education.vic.gov.au



Useful Websites;

<https://fuse.education.vic.gov.au/>
www.essentialassessment.com.au
www.edrolo.com.au
<https://xuno.rochsec.vic.edu.au/index.php>
<https://www.rochsec.vic.edu.au/>

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Learning From Home – Information for Students

Protocols for Online Learning:

- Classes will only operate during normal school hours.
- Teachers can be contacted from 9am to 3pm during the school term. Teachers will be available for feedback during your set class times.
- Just like a classroom at school we have our expected behaviours for all staff and students.
- Do not share Google Meet codes or Webex codes with other people. Your teachers will invite people who need to attend.
- When you enter a live learning space online be sure to:
 - ✓ Arrive early, login and make sure everything is working
 - ✓ Test your camera and the angle it is on and everything it can see
 - ✓ Check your surroundings and blur your background if possible
 - ✓ Make sure you are wearing school appropriate clothes
 - ✓ Let everyone in your house know you are having a live lesson
 - ✓ Mute your microphone unless you are talking
 - ✓ Do not take screen shots or record sessions without permission



Rochester Secondary College Online Learning Behaviours

In our online learning spaces



We show
GROWTH
by ...

Listening carefully
and doing our best

Being organised
and ready to learn

Using ICT as a
learning resource



We show
RESPECT
by ...

Treating people and
property with respect

Listening to
others and allowing
others to learn

Using appropriate
language



We show
OPTIMISM
by ...

Speaking
positively

Striving for
excellence

Making positive
posts and
contributions



We show
WELLBEING
by ...

Thinking about how
our behaviour affects
ourselves and others

Being patient
with others

Only sharing appropriate
content and only
recording with permission



We show
SUPPORT
by ...

Being kind to
everyone and
asking for help

Working
cooperatively
with others

Reporting
cyberbullying

Rochester Secondary College

Learning From Home – Information for Students

Protocols for Online Learning:

- The term two timetable will remain as it is with the exception of Year 7, 8 and 9 technology subjects. This will be allocated reading time.
- Periods will be 40 minutes long with a 5 minute break in between for students and staff who need to change subjects.
- Please be respectful of lesson times, especially when you have a live session scheduled.

Daily structure Term 2, 2020	
Home Group	9 - 9:20
Period 1	9:25 - 10:05
Period 2	10:10 - 10:50
Recess	10:50 - 11:15
Period 3	11:15 - 11:55
Period 4	12:00 - 12:40
Lunch	12:40 - 1:35
Period 5	1:35 - 2:15
Period 6	2:20 - 3:00

Key Points to Remember;

- *Check XUNO and gmail everyday*
- *Teachers will respond to emails and questions from 9am to 3pm on the days they would normally work*
- *Mute you microphone on Google Meet*
- *Stay connected, we miss you and we look forward to having you back at school*
- *Stay safe and stay positive*



WE'RE IN THIS
TOGETHER