



Information

We would like to express our appreciation to all our students, staff and families for taking on the challenge of remote learning. The support has been extraordinary and we are so grateful to be a part of a wonderful community.

We have now completed two weeks of remote learning and it has been so encouraging to see the level of engagement and learning from our students and staff. Staff have worked incredibly hard to learn the skills required to deliver our remote learning program.

The Rochester Secondary College community passes on our sincere condolences to the Mountjoy family on the passing of Darren. Our thoughts, prayers and love are with them at this difficult time.

This week our Year 12 leaders combined to commemorate Anzac Day and recorded a ceremony to share with our community, we have posted this on our Facebook site and website; <https://www.rochsec.vic.edu.au/blog/2020/04/24/anzac-day-commemoration-2020/>

Wellbeing

We know some of our students and staff are starting to miss some of the major events that have been postponed, like the beginning of our football and netball season. We miss seeing our grandparents, friends and extended family. Please remember how lucky we are and all the many things we have to be grateful for, we encourage everyone to stay connected and talk about things when we start to worry. Talk to your friends, family or your teachers. Our Wellbeing team has put together some resources to support our students, staff and families during this time.

We know that many of our students have had their birthdays during isolation, we would like to wish our Year 12s who have turned 18 during this time a very big **HAPPY BIRTHDAY** and we know they will enjoy their celebrations when school returns

Happy Birthday to Rose McKenzie, Ella McPhee, Laura Dobson, Conor Beckmans and Cassie Broad.

Tips for good emotional and mental health during this time:

- Mindfulness is evidence-based in its usefulness. Our brains are in overdrive preventing us from sleep, from being present with our children, from being present with ourselves. We take breathing for granted, mindfulness helps re-wire our brains to be present and acknowledge the stress we are under and not go into overdrive. Start with a bit size 1.5minutes a day and work your way up to more. <https://www.smilingmind.com.au/> or use insight timer - <https://insighttimer.com/> both of these are free.
- Call people, friends, connect in ways you never thought you would, facetime, make that phone call you have been meaning to make to your Aunt/Uncle/Grandparent/old friend
- Exercise is more important now than ever, get up and moving away from any screens.
- Mental health supports available
 - Eheadspace for 12 – 25 year olds <https://headspace.org.au/eheadspace/>
 - Beyond blue offer chat, phone and have phone numbers for other support services on this page - <https://www.beyondblue.org.au/get-support/national-help-lines-and-websites>
 - Kids help line 1800551800 they have support for all ages – from 5 years old, parents, schools and teachers <https://www.kidshelpline.com.au/>
 - Life line 13 11 14 <https://www.lifeline.org.au/>
 - Your local triage – you can google this but here are some numbers
Regional Triage Service – 1300363788
Access team Geelong – 1300094187
Mental Health Goulburn Valley, there are a few different locations and numbers - <http://www.gvhealth.org.au/services/mental-health/>

Please contact the College if you we can help or support you in anyway.

Asalways, youcanreachout for support or if you have any questions – call 0354841 844 or email Rochester.sc@education.vic.gov.au



Useful Education 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/>

Rochester Secondary College

Remote Learning – Week 2

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

Remote Learning – Week 2

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