

Stage 1 Learning from Home Update for Week 9

Dear Parents and Carers

We have now completed 8 weeks of Learning from Home! This is an amazing accomplishment for both you and your child!

Typically, at this point of the term we often find that many students become tired and less motivated - even when they are surrounded by their friends. So we certainly understand if you are also seeing this at home. You may find that your child is:

- more easily distracted
- less able to remain on task
- complaining more
- having more meltdowns
- arguing or resisting more

All of these behaviours can be difficult to manage, particularly if you are also trying to work from home. Please rest assured that what you may be seeing is most likely quite normal as your child starts to feel fatigued.

At school we usually provide additional fun activities to give children a break whilst at the same time using these to motivate them. We also use positive reinforcement to actively encourage desired behaviours. Teachers are more than happy to assist parents if they are finding motivating their child is becoming more difficult. We have purposely lightened the workload again for week 9 and are scheduling in some fun educational activities as we near the end of the term.

If you are struggling with motivating your child, we suggest you try the following:

- Give your child extra brain breaks in the form of creative play (e.g. Lego, craft, playdoh)
- Encourage your child to do some physical activity - indoor or outdoor, such as playing with a ball or doing some kids yoga
- Allow your child to do some mindfulness colouring if they enjoy it
- Encourage your child to complete work in manageable chunks by using positive reinforcement and the promise of a desired activity (e.g. play, craft etc.)

Please remember that you do not need to complete all of the daily activities if this is becoming difficult for you or your child. If you need any assistance with Learning from Home please contact your child's teacher.

Zoom ideas for young children to connect with friends

Young children are very spontaneous with their social interactions. Consequently, they may find it difficult to sustain a conversation over a long period of time on Zoom, What's App, Facetime etc. To help facilitate their interactions with each other it is a good idea to provide some stimulus or purpose to the session. A couple of ideas for young children having a virtual session could be:

- colouring and drawing pictures while they talk to each other
- holding a little 'Lego Masters' building session discussing what they are constructing
- displaying and talking about the toys in their toy box
- having a little tea party and pretending to ask each other what they would like to eat
- holding a Teddy Bear's Picnic and letting the teddies talk to each other

Children of this age normally have a concentration span totalling 'their age plus 5 minutes' – so for instance a 5 year old would have an attention span of approximately 10 minutes. Therefore, a realistic expectation for a virtual social session with younger children would be around 10 minutes. It may help if you provide your child with some questions that they could ask their friends (about their toys etc.) to facilitate conversation.

Keep in mind that even adults sometimes like to just be in the company of others without talking. During this 'quiet' time, a spontaneous thought can be a springboard for further conversation.

Hopefully some of these ideas might help when you set up your child's next social online meeting with their friend/s.

Take care and have a great weekend!

Stage 1 Teachers

Sans Souci Public School

Address: Rocky Point Rd Sans Souci NSW 2219

Phone: 02 9529 6123

Email: sanssouci-p.school@det.nsw.edu.au

Web: www.sanssouci-p.schools.nsw.edu.au

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