

**SUPPORTING  
STUDENTS  
THROUGH  
THEIR REMOTE  
LEARNING**



Vs.



## FOSTER A GROWTH MINDSET

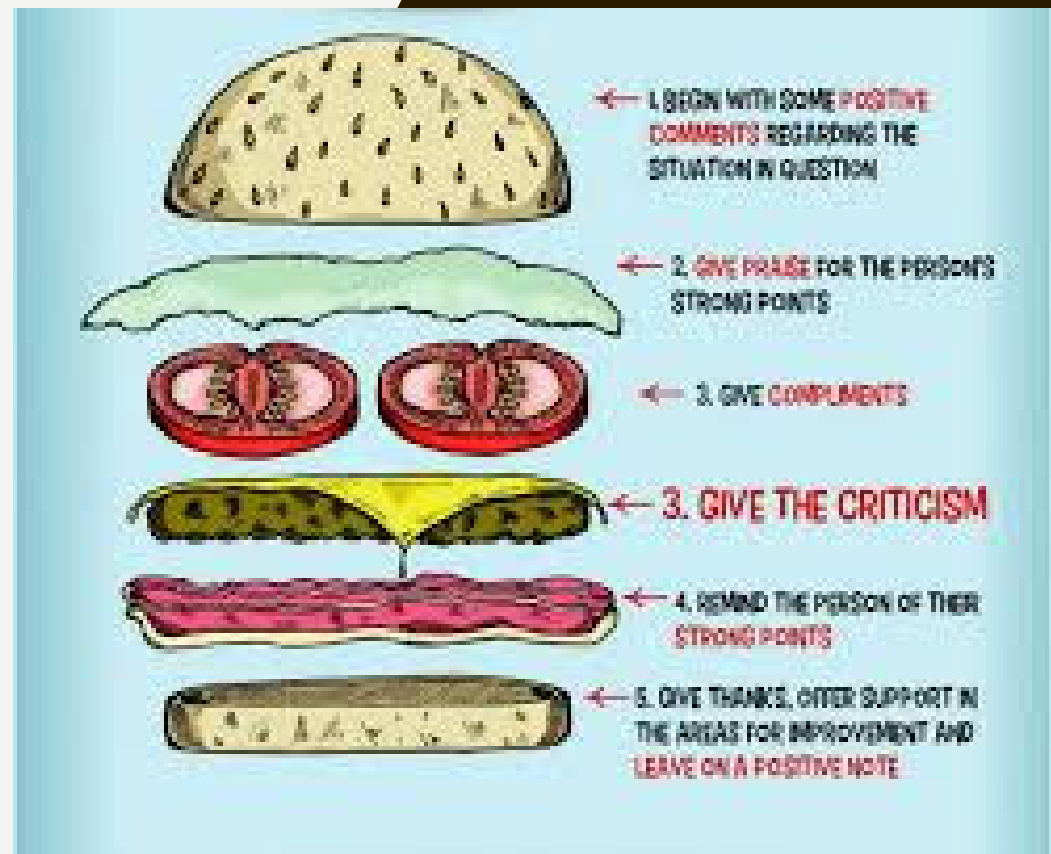
A fixed mindset is limiting – students need to believe that intelligence is not fixed and that their brains will continue to grow and stretch.

In essence this means students need to be encouraged to believe that with effort and practice they can develop their skills and abilities.

# HOW DO WE DO THIS ?

Praise effort, strategy and action – not results

Give honest feedback. ~  
Provide constructive feedback, but ensure there is also a focus on the positive things your son or daughter has done well.

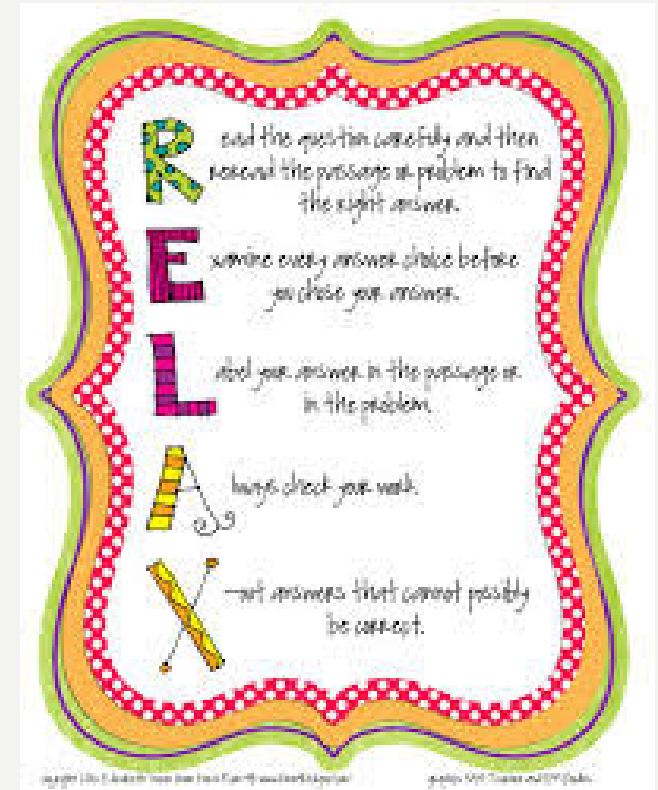


# SUPPORTING STUDENTS EMOTIONALLY

**Moderate levels of stress can be useful in maintaining motivation**

Stress release tools could be:

- ~ **finding a release valve** – could be exercise or taking time out with friends.
- ~ **relaxation strategies** – Smartphone apps like Smiling Mind could help.
- ~ **time management** – helping students make a list of their activities and getting them to prioritise.
- ~ **connecting with others** – encouraging positive talk



# SLEEP

Sleep is important for our bodies to recharge and recover.

1. Get up at the same time each morning.
2. Avoid too much caffeine late in the afternoon
3. Write down your worries before going to bed, with the aim you will work on solutions the following day.
4. Do something relaxing for about thirty minutes prior to going to bed
5. Get active every day.





# NUTRITION

**Protein and brain power** – protein consumed from food sources provides the body with amino acids which helps to produce key chemicals like neurotransmitters for the brain.

**Junk food** – excessive consumption can result in lowered mood, poor concentration levels and a reduced ability to translate learned materials to a long term memory.

**Carbohydrates** – provide sustained energy for mental alertness and concentration for study periods and exams.

# CHECKLIST

- ✓ Encourage your young person to contact their teacher, their personal mentor or mentor, their Year Adviser, the HT Wellbeing or their Deputy Principal if they need support.
- ✓ Keep the lines of communication open with your young person .
- ✓ Stay informed through lines of parent communication – Facebook, parent portal, school newsletter, and Skoolbag



# CHECKLIST

- ✓ Negotiate your expectations around study, free time and leisure activities.
- ✓ Celebrate their successes at this time.
- ✓ Encourage students to let you know how you can help them, if they are unsure.
- ✓ Let us know if you are worried about your young person.

