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Why do I need this information?

Most of this information has been covered in my updates to parents and students but this provides a summary of the most important advice about working from home and some key contacts you can reach out to should you need support.

If the Department of Education and Training (DET) instructs schools to close for more than a few days, it will be necessary for students to continue their learning at home during term time.

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 my learning materials

- Your teachers have developed learning materials that can be accessed from home.
- Most of these resources can be found by logging onto Xuno and accessing your learning materials through the Assignments and Tasks tab on the right hand side of your home screen.
- If you are unable to access Xuno from home, please ensure you download all relevant materials onto your device or onto a USB while at school. You can also speak with individual classroom teachers who have printed off a range of hard copy resources for you to take home.

How to access other online information

- In some subjects, students may be asked to access learning materials from online resources, beyond the Xuno portal. These include Office365, Clickview online, Edrolo, Essential Assessment, Lynda, Echo online, OnDemand, among others. The ones listed above are all available through Xuno under the menu item 'My Links'.
- Please ensure you have your login details for Xuno to access at home.
 - Your username for Xuno is your student ID
 - Your password is what you set up at the beginning of the year
- If you do not know your login details, please talk to the IT team, located in the college library.

Make sure you bring home from school everything you may need to continue your learning program at home. This includes textbooks, workbooks, class materials, folios, calculators, pencil cases, etc. It is possible that if the school closes, you may not be able to access these materials for some time.

How to complete my learning at home

- Your teacher/s will be available via Xuno messaging during the school day to support you to do your work.
- Try to work according to your normal Echuca College timetable, so you know teachers will be available for assistance, if needed.



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- 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. In some cases, you will be expected to upload some work to Xuno after each lesson.
- Contact your teacher/s via Xuno messaging if you are unsure about anything in your learning. Regular communication will be vital in order for your learning to progress.

Work steadily 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 House Leaders or classroom teacher/s will be your first point of contact. If you need to, you can also contact a member of the leadership team through Xuno, who can help you with a range of queries related to your learning or wellbeing:

Assistant Principals

Andrew Briggs (Wellbeing and Engagement)

Cathy Kervin (Curriculum and Engagement)

Leading Teachers

Richard Dougall (Wellbeing)

Mitch Bright (Wellbeing)

Sean Irving (Curriculum)

Sarah Bridgewater (Curriculum)

Learning Specialists

Sue Neale (Pedagogy)

Paul Dolan (Engagement)

Information Technology Leader

Dilshan Rodrigo

Wellbeing and Engagement Leader

David Doherty

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.



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- 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 Headspace 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 to Echuca College’s wellbeing team via Xuno messaging during the school day:

David Doherty – Wellbeing and Engagement Leader

Dorinda Watson – Wellbeing and Engagement Support

Should the college need to close, I encourage you all to heed the advice of our government and healthcare professionals. Look after each other and if you have any questions, please do not hesitate to make contact.

Regards,

Simon Wood

Acting Principal – Echuca College