



# **High School Students and COVID-19**

A SMALL GUIDE WITH  
TIPS FOR  
HOMESCHOOLING DUE  
TO COVID-19  
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## How you should structure your day when homeschooling during COVID-19

This is a basic structure for a school day you could use while homeschooling! It allows the opportunity for normal break times as well as extra ones! After all, you are in one location the whole day! I like to call this the 'School Schedule.' Personal schedules can be used, however, this schedule allows students to take in content as they normally would if they were at school.

### PERIOD 1- 9-9:55AM

-Check emails/google classroom/Microsoft teams/Onenote  
-Set lesson objective -Do set work -Lesson Summary

### 5 MINUTE BREAK

walk, drink, toilet, steer away from technology

### PERIOD 2- 10-10:55AM

-Check emails/google classroom/Microsoft teams/Onenote  
-Set lesson objective -Do set work -Lesson Summary

### RECESS 11-11:20AM

Only eat the normal amount of food that you would eat if it were a regular school day! Make yourself a proper meal and not just snacking, so that you are full and energised for the next two periods! Steer clear from technology, instead do something relaxing! Eg: Go for a walk!

### PERIOD 3- 11:20-12:15PM

-Check emails/google classroom/Microsoft teams/Onenote  
-Set lesson objective -Do set work -Lesson Summary

### 5 MINUTE BREAK

walk, drink, toilet, steer away from technology

### PERIOD 4- 12:20-1:15PM

-Check emails/google classroom/Microsoft teams/Onenote  
-Set lesson objective -Do set work -Lesson Summary

### LUNCH 1:15-1:55PM

Only eat the normal amount of food that you would eat if it were a regular school day! Make yourself a proper meal and not just snacking, so that you are full and energised for the next two periods! Steer clear from technology, instead do something relaxing! Eg: Go for a walk!

### PERIOD 5- 1:55-2:50PM

-Check emails/google classroom/Microsoft teams/Onenote  
-Set lesson objective -Do set work -Lesson Summary

### 5 MINUTE BREAK

walk, drink, toilet, steer away from technology

### PERIOD 6- 2:55-3:50PM

-Check emails/google classroom/Microsoft teams/Onenote  
-Set lesson objective -Do set work -Lesson Summary





# SOME QUESTIONS THAT MAY ARISE DURING YOUR HOMESCHOOLING

Abigail Kittler

## What do I do if there is no work set?



This does not immediately mean a free period, first ask yourself these questions!

- Do I have any assessments for this subject at the moment? If yes, use this opportunity to work on them!
- Do you know and understand all the previous content? If no, maybe some revision could help!
- Have you finished ALL homework and worksheets from earlier in the term? If no, complete these!

If you are all the way down here, click this link for information, resources and guidelines provided by NESA!  
<https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-from-home/teaching-and-learning-resources>

## What do I do if I don't complete the set work in the "period"?



Depending on whether you took the 'school schedule' or have a personal schedule this can change!

- School schedule: Treat it like a normal school day! If you didn't do it at school, you normally do it for homework!
- Personal Schedule: You run by your own schedule! You can take time to complete it, overlapping the next "period" but that means you have catching up to do in the next "period"

## What if I start to feel stressed or overwhelmed?



It is perfectly normal to feel this way! Headspace has specific informational pages on how to deal with stress directly linked to COVID-19. If you do see health professionals regularly because of mental illnesses ensure that you are still seeing them, whether it be on a call or face to face! Know that everybody is feeling at least a little of what you are feeling! Call your friends! Take a walk outside! Eat something! Do something that expresses yourself eg: art! Remember that some schools are still open and access to health services there will still be available!

Headspace- (02) 6369 9300

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

Any other guidance needed, feel free to ask questions-  
[abigail.kittler@education.nsw.gov.au](mailto:abigail.kittler@education.nsw.gov.au)

# Daily Requirements

Homeschooling during COVID-19 can take away many of our normal luxuries and pleasures that keep us sane! I like to call this 'The 5 Step Day!' Which makes everyday interesting, making you feel productive and relaxed. While also improving your health and wellbeing!

## Social

Keeping in contact with your friends, teachers and especially family will make everyday easier! Talk about your day, your struggles, ANYTHING! They are sure to help you!

STEP  
01



STEP  
02

## Academic

Make sure to stay on top of your schoolwork for less stress. Even a little bit makes a difference!

## Creative

Don't forget your creative side! Do something creative everyday to keep your brain active! Eg: Art, music, dancing, gardening.

STEP  
03



STEP  
04

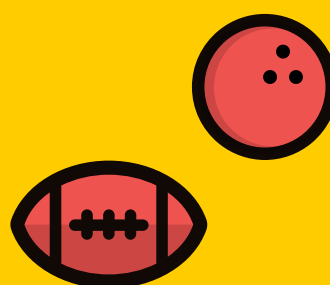
## Mental

A large portion of our day while we are homeschooling is spent on technology. Take a moment to let your mind relax! eg: read a book, technology free for an hour, yoga.

## Physical

Physical activity is extremely important! Especially when we are at home all day and many of our sports have been cancelled. Workout! eg: youtube guided workouts

STEP  
05



These don't have to be done in a specific order, but meet these 5 areas everyday for the maximum benefit!



# TIPS FOR HOMESCHOOLING DURING COVID-19



## SCHOOL

Pack up and unpack at the end and beginning of each lesson to re-set yourself. Make sure the only thing on your work space is the thing you're focusing on eg: doing Japanese, having maths textbook open on desk is distracting.

## SCHOOL

Take breaks between each period. Don't overwork yourself! 20 minute bursts of work is recommended for the most effective outcome!

## SCHOOL

- Have a designated space for work and a separate one for relaxation. You will be in the right head space that way!
- Have set goals for every subject! eg: I want to have the whole PDHPE syllabus memorised before school goes back!

## HEALTH

- Drink hot drinks regularly! They flush out bad bacteria, decreasing chance of getting sick!
- Wash hands regularly!
- Eat regular amounts of food to which you normally would on a school day! And eat super healthy to build up your immunity! If it helps, pack a lunch at the beginning of the day!



# REMINDERS!



## BE FORGIVING!!!

This is a tough time for EVERYBODY! So forgive yourself if you physically can't do one more hour of study and need rest! Forgive your teachers for not having work instantly prepared! Forgive your parents as they are working super hard to sustain your family!

Things will get better! So let's take things slowly and be grateful for what we have!

## DON'T SOLELY RELY ON MEDIA!

The media poses lots of false footage and articles! So don't rely of the media as your main source of information! Use reliable sources to gain information and have nightly discussions with your family to help you cope and compare what is true or false!

## COVID-19 HEALTH TIPS

@NCDHHS



Wash hands with soap and water for 20+ seconds each time.



Avoid touching your eyes, nose and mouth with unwashed hands.



Stay home from work or school if you are sick.



Avoid close contact with people who are ill.



Cover your mouth and nose with a tissue when you cough or sneeze.



Throw away tissues after coughing, sneezing or blowing your nose.



Clean and disinfect surfaces that are frequently touched.

