



**"Trust In The Lord With All Your Heart And  
Lean Not On Your Own Understanding. In All  
Your Ways Acknowledge Him, And He Will  
Make Your Path Straight."**

**– Proverbs 3:5-6**



# **Northside Christian College Medium-Term Remote Learning Guide**

**Term 2 2021**



# Primary School Remote Learning

## Medium-Term Remote Learning in the Primary School

Northside Christian College will be delivering remote learning to Primary students via the myEdOnline platform through the SEQTA Learn Portal (link below).

<https://learn.ncc.vic.edu.au/>

Teachers will send a Remote Learning Weekly Schedule to family and student emails.

It is important that all students actively engage in remote learning and continue their learning during this time.

At Northside we understand the importance of routine in student learning and encourage families to keep the schedule and times suggested. We also understand that in some households this Weekly Schedule is not practicable. If this is the case for you, please modify the schedule to meet the needs of your family. If you are requiring significant modification please contact your child/ren's classroom teacher to discuss alternative arrangements.

## Guidelines for work submission

- Submission of student work counts towards their attendance.
- Work can be submitted at the end of each session or at the end of each day.
- Work to be submitted via myEdOnline.
- Classroom teachers will provide feedback on one piece of submitted work per day. Classroom teachers will aim to provide feedback within 24 hours of the submission of work.
- Teaching staff will be available during class times for student/parent questions via email. Please be mindful that they may not be able to respond to every inquiry within the lesson time.

- If your child is unable to 'attend' remote learning or complete work due to personal or household illness please contact the classroom teacher and the College Reception at [attendance@ncc.vic.edu.au](mailto:attendance@ncc.vic.edu.au) by midday.
- Homegroup teachers will be available from Monday to Thursday for a Zoom meeting to support student learning and allow for students to connect virtually.
- Each Friday students will participate in a Primary Chapel through Zoom.

## Frequently Asked Questions

### What do I do if I can't access my child's lessons through MyEdOnline?

Please email or SEQTA Direct message your child's teacher and they will send you the work via email.

### What do I do if my child can't complete all their work?

Student work is given to help students continue the learning process however your child might not complete all their work. Please just let your child's teacher know so that they can support continued learning at home and modify tasks if necessary.

### What do I do if my child finishes all their work very quickly and needs more?

Students are encouraged to complete tasks within their subscribed programmes (eg. Reading Eggs, Literacy Planet or Essential Assessment) or independently read if they complete their work and require more tasks. Please contact your child's teacher so that they can support continued learning at home and modify tasks if necessary. Please do not complete additional tasks within student workbooks unless you are directed to by your classroom teacher.



### What if I cannot help my child because of the demands of working from home?

If you have any difficulty helping your child complete remote learning, please contact your child's teacher to organise alternative arrangements.

### What if I do not have enough devices to support my child learning from home?

During periods of remote learning the college is able to loan devices to families. Please contact the college office if you require a device and arrangements can be made.

## Primary School Overview:

- The continuation of current programs and practices is essential.
- Weekly Schedule sent to families via email.
- Day plans will be published to families at 4:00 pm the day prior, through myEdOnline, allowing parent preparation time.
- Tasks based on the current programs used by the College and referenced to the Australian Curriculum.
- Learning Intention published for each session of the day (some team teaching may take place).
- Each day to be split into four sessions - English, Mathematics, L.I.I.M.E time and Specialist.
- Each session runs based on the 5E's model (or similar).
- Where possible teachers will provide videos to support student learning.
- Each session should include a submittable task that demonstrates the student's understanding. Submission of this task will count as student attendance.
- Teachers provide feedback via myEdOnline.
- Student workload will be reduced to allow for students working more independently (3.5 hours maximum).
- Parents are encouraged to contact classroom teachers if any concerns or needs arise.
- Record of attendance (completion of work) required and direct family follow up with students not completing assigned work.
- Homeroom teachers provide one session Monday to Thursday of 'Connect Time' using the Zoom platform. Zoom sessions will be clearly identified on the Weekly Schedule sent to families.

## Primary School Daily Schedule

8:50 - 9:00 Devotions

9:00 - 10:00 English

10:00 - 10:30 Break Time

10:30 - 11:30 Mathematics

11:30 - 12:00 L.I.I.M.E Time\*

12:00 - 12:30 Lunch Break - Opportunity to complete Daily Challenge

12:30 - 1:30 Specialist^

\*L.I.I.M.E Time refers to Library, Inquiry based Learning, Maths Online and English Online

^Specialist time refers to Health and Physical Education, Science, Music, Mandarin and Art.

NOTE: Some class schedules may need to be altered due to daily Zoom 'Connect Time' sessions





# Secondary School Remote Learning

## Important Information for Secondary School Students and Staff

The extension of the 7-day circuit breaker lockdown has a number of consequences for the Secondary School at Northside Christian College. Below is a summary:

- Students in Years 11 and 12 will return onsite from Friday 4th June.
- Unit 3 classes will resume on Friday 4th June and continue onsite throughout Week 8.
- Unit 1 classes will be conducted onsite on Friday 4th June for Year 11 students only. Year 10 students are not permitted onsite during the lockdown extension. Year 10 students who are accelerating in Unit 1 Business Management are advised to refer to Schoology for instructions from their subject teacher. Unit 1 Health and Human Development is not scheduled on Friday 4th June.
- There will be no Unit 1 classes during Week 8 (7th - 11th June) due to Midyear Exams.
- Unit 1 exams will continue onsite during Week 8 (7th - 11th June).
- The Unit 1 Health and Human Development and Unit 1 Business Management exams will be postponed due to the number of Year 10 students in these classes.
- Year 10 exams scheduled for Week 8 have been postponed.
- Year 9 exams scheduled for Week 8 have been postponed.

- The exam timetable has been updated and is available online at:  
<https://www.ncc.vic.edu.au/pdf/Sem-I-Year-9-11-Midyear-Exams-2021-v2.pdf>
- The General Achievement Test (GAT) will be rescheduled. The College will monitor advice from the VCAA. It is anticipated that the VCAA will publish Specific Additional Health Controls for Essential Assessments for VCE and VCAL, including the GAT.
- Year 7 - 10 classes will continue to be 35 minute online lessons on Schoology.
- Subject teachers will add one Zoom session per week per subject. i.e. 10 - 15 minutes per session.
- Onsite learning will continue to be permitted for vulnerable children or the children of authorised workers.

## Year 9 and 10 Exams

Students are advised that the Midyear Exams for Year 9 and 10 are being postponed at this stage. Students will continue remote learning during Week 8. The Unit 1 Health and Human Development and Unit 1 Business Management exams will be re-scheduled in order to provide an opportunity for the whole class to complete these exams.

Below is the updated link for the exam timetable:

<https://www.ncc.vic.edu.au/pdf/Sem-I-Year-9-11-Midyear-Exams-2021-v2.pdf>

The overview below outlines the College's approach to delivering remote learning to Secondary School students. A wide range of learning activities with instructions will be available for students on Schoology. Please see below for additional information about what the learning program will look like for students. The primary communication tool between teachers and students will continue to be Schoology. Students are encouraged to be proactive in communicating with teachers when they have questions or if assignments are unclear. Parents are welcome to communicate with teachers through email or SEQTA Engage.

## Year 7 - 10 Overview

In Years 7 - 10, students will be participating in a modified program during this phase of remote learning. Students will participate in assigned online lessons with the content delivered on Schoology as prepared by staff at the College. Please note that online lessons will be scheduled for approximately 35 minutes per period instead of the usual 50 minutes. We trust this will assist students to complete tasks with reduced levels of support from staff. Student attendance will be recorded based on students engaging with the assigned learning tasks on Schoology.

## Study Tip

### Creating a physical space for Remote Learning

Your child may have a regular place for doing homework under normal circumstances, but this space may or may not be suitable for an extended period of time, as will be the case if Remote Learning is implemented over an extended period of time. We encourage families to establish a space/location where their children will learn most of the time. This should be a public/family space, not in a child's bedroom. It should be a place that can be quiet at times and have a strong wireless internet signal, if possible. Above all, it should be a space where parents are present and monitoring their children's learning when feasible.

## Year 7 - 10 Summary

- ☐ Modified learning tasks and content will be posted on Schoology
- ☐ Online lessons reduced to approximately 35 minutes
- ☐ Each task on Schoology will have supporting resources
- ☐ An appropriate amount of work will be assigned to ensure continuity of learning
- ☐ Staff will continue to provide feedback via the College's Continuous Online Reporting Program
- ☐ Non-submission of work followed up by subject teachers and Directors of Learning
- ☐ An attendance roll will be documented during Home Group, which will be facilitated on a Schoology course.

## Zoom Sessions

Secondary School students will have one scheduled Zoom session for each subject each week. A Zoom session provides an opportunity to facilitate some synchronous learning. Synchronous learning provides an opportunity for teachers to replicate many of the experiences found in an in-person learning environment. This includes providing opportunities for students to interact with the teacher and their classmates, participate in class discussions, and chances to collaborate on learning tasks. Details about Zoom sessions will be published on subject Schoology pages.



## Year 11 and 12 Return to School

On the 2nd June 2021, Acting Premier James Merlino announced that Year 11 and 12 students will return to school during the second week of the circuit breaker lockdown.

### School Attendance

Following the advice of the Victorian Government, Year 11 and 12 students are required to return to school. The best learning takes place in a classroom.

Students who are unwell must remain at home. It is an expectation that if a student is exhibiting any symptoms of being unwell parents will keep the child at home. Parents or carers of children at school who are unwell will be contacted and asked to collect them as soon as possible. Students should not return to school until they are well and symptom free.

Parents and carers of children and young people with complex medical needs are encouraged to consult their health practitioner on establishing a medical plan for attendance at school. The school will work with parents and carers and the student's health team to ensure they have an appropriate plan in place to support the student at school. Please contact Reception if your child will be absent for health or medical reasons.

### Unit 1 Exams

Year 11 students are advised that the Unit 1 exams will take place onsite at Northside Christian College between the 7th and 11th June 2021. No Unit 1 classes will be scheduled during the exam week. Students are advised to refer to the exam timetable for additional information.

<https://www.ncc.vic.edu.au/pdf/Sem-1-Year-9-11-Midyear-Exams-2021-v2.pdf>

### General Achievement Test (GAT)

The Victorian Curriculum and Assessment Authority (VCAA) have advised schools on the 2nd June that the 2021 General Achievement Test (GAT) scheduled for next Wednesday 9th June 2021 will be rescheduled to a date to be determined. The VCAA shared, "We expect this to be in coming weeks." The VCAA is currently determining the most appropriate date for the rescheduled 2021 GAT, and we will keep schools updated. Rescheduling the GAT will support schools to fully focus on completing coursework and school-based assessments on return to classrooms. Unit 3/4 students are advised that classes will be scheduled on Wednesday 9th June as a result of the GAT being rescheduled.

## Alternative Learning Arrangements

If families elect not to send their child to school, the child must continue their learning from home. If students are working from home, please understand that teachers may not be able to respond to questions until after hours. Where children are not at school, parents and carers are responsible for the child's learning, safety and wellbeing at home.

### Physical Distancing and Face Masks

Physical distancing between students is increasingly difficult when at school. The College will implement procedures to encourage physical distancing between students. Staff and Secondary School students aged 12 or older must carry a face mask at all times. They must wear a face mask indoors and outdoors unless a lawful exception applies.

### Sign-in / Sign-out / Lunch

Year 11 and 12 students are permitted to arrive late and depart early if they have scheduled private study. Students are reminded on the importance of signing-in and signing-out at the College office to support the College's COVID safety protocols. Students are advised that they will not be permitted to go down the street at lunch time.

### Mobile Phones

Mobile phones are regularly touched and breathed on. AHPPC advice is that use of mobile phones at school should be restricted. As a result, mobile phones are not allowed to be used at school during Term 2. Students who bring mobile phones to school must keep them in their bags/ lockers at all times.

### Uniforms

The College expects all students study onsite to be in full College winter uniform and appropriately presented upon returning to school. Student who have sport during the day will be permitted to arrive and depart the College in their PE uniform.

### Parents Onsite

Parents and siblings are not to come on site unless they are collecting a sick child from Reception or attending a pre-arranged meeting. Parents should not be gathering socially in groups at any time at the College. The College asks that parents phone the College for all non-urgent matters. Zoom meetings can be arranged with parents and guardians to discuss any matters relating to student progress or wellbeing. Parents will be asked to remain in their cars during Pick up and Drop off times.



# Guidelines for Students Using Zoom Video Conferencing

One of the biggest challenges with remote learning is the lack of face-to-face communication. One way we hope to address this in the return to remote learning is by having whole-class Zoom sessions for most VCE / VCAL subjects.

To help students get the full benefit of these Zoom lessons, there are some guidelines that we all need to follow:

## Before you get started with video Zoom video conferencing

- ☐ Make sure that the room you are going to film in is clear of things that might embarrass you. Specifically, look at your walls and try to pick one that has a plain background that people will not take offense at or find humour in.
- ☐ An appropriate room for a video conference is a shared family space. It is not acceptable for a video conference to take place in a bedroom.
- ☐ Try before you go live! You can set up a Zoom meeting with no one in it except yourself. This way you can see what others see before you go live, and make alterations to make the image look better - <https://zoom.us/test>
- ☐ Tell others in your house what you are doing. Here your parents can help with controlling your siblings ... if your parents know and understand what it is you are trying to achieve, then they will help make sure that it all goes smoothly.
- ☐ Sit still and quietly for a moment and listen to the sounds around you ... if you can hear noises, then there is a high chance that people in your meeting will too. Before starting, see if you can find a quieter place or attempt to control what is happening in your surrounding environment.
- ☐ Consider using headphones so that you can hear clearly.
- ☐ Remember that you are going to be in an educational environment! Dress appropriately and act accordingly as the same rules at school apply in a virtual environment.

## When in Zoom meeting

- ☐ Make sure you are on time for your Zoom meeting.
- ☐ Start with your microphone muted and wait to be invited by the teacher.
- ☐ Turn on your camera. This helps your teacher and classmates communicate with you.
- ☐ Understand that the rules used at school also apply in a virtual classroom, and poor or unacceptable behaviour will carry consequences.
- ☐ Students should comply with all College policies and rules. Please be particularly mindful of College rules that apply to technology including the ICT and Internet Acceptable Use Policy (Policy No. 24) and the Social Media Policy (Policy No. 51).
- ☐ Use the nonverbal feedback tools in Zoom to alert teachers of your understanding in the Zoom meeting - hands up for questions, tick if they are saying yes, etc.
- ☐ Participate in the learning activities.

## After the Zoom meeting

- ☐ Make sure you use the Leave Meeting menu to exit the meeting when it is finished.
- ☐ Follow Up the learning activities and complete all assigned tasks.



# Remote Learning at School

## Student attendance on site

The College will continue to provide on-site supervision for students in the following categories:

**Children where both parents and/or carers are authorised workers who cannot work from home, work for an essential provider and where no other supervision arrangements can be made**

- Where there are two parents/carers, both must be authorised workers, working outside the home in order for their children to be eligible for on-site provision
- For single parents/carers, the authorised worker must be working outside the home in order for their children to be eligible for on-site provision.

**Children experiencing vulnerability, including:**

- children in out-of-home care
- children deemed vulnerable by a government agency, funded family or family violence service, and is assessed as requiring education and care outside the family home
- children identified by a school as vulnerable, including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service.

If you believe that you fall into this category, please contact the College Reception at [ncc@ncc.vic.edu.au](mailto:ncc@ncc.vic.edu.au) and we will talk through the arrangements with you.

Students who are completing Remote Learning at School will meet in the Year 7 classrooms. Staff will be rostered on to support students with their learning. Students attending on-site will be supervised at all times by staff with either current Victorian Institute of Teaching (VIT) registration or a Working with Children Check. Learning Support staff may provide support to the supervision of students, with the support of a VIT registered teacher.

## Onsite Safety and Hygiene

Northside Christian College will make every effort to ensure that the College is safe for students, parents, and staff to work and learn. The College will continue to follow advice provided by Victorian Department of Education, Independent Schools Victoria, the Department of Health and Human Services, and the Australian Health Protection Principal Committee (AHPPC) regarding the operation of the College during the pandemic.

In order to effectively establish maximised safety and risk mitigation, the College maintains a COVID Safety Plan and supporting procedures and guidelines. The College will continue to implement increase hygiene practices for students as well as staff. Extensive signage reminding students and staff of physical distancing, handwashing, and mask requirements are displayed around the College and in classrooms.

The College is implementing cleaning of high-touch areas during Term 2. This will continue until further notice. Extended and increased cleaning of all frequently touched hard surfaces will be undertaken progressively throughout the day and at the end of each day, and will include, as a minimum, the disinfection of:

- Workstations and desks in the College
- Toilets and bathrooms
- Touch points, light switches, handrails, exit push buttons and door handles
- Play equipment

The College has installed alcohol-based hand sanitiser stations in locations across the College for student, staff and visitors to access. All students will be required to sanitise their hands at the start of the day, after recess and after lunch. Cleaning hands also helps to reduce environmental contamination.



## Procedure for Students Exhibiting COVID-19 Symptoms

All Students exhibiting any COVID-like symptoms (including cough, fever or chills, sore throat, shortness of breath, runny nose and loss or change in smell) are required to stay at home. Siblings without symptoms are able to attend school. Families are encouraged to seek medical advice when their children present with symptoms. The College continues to recognise that the most important action school communities can take to reduce the risk of transmission of coronavirus (COVID-19), is to ensure that any unwell staff and students remain at home, even with the mildest of symptoms. Where students have been tested, they must isolate until they receive their test result.

## Hygiene practices introduced at schools

School staff and children will be encouraged to wash their hands throughout the day. If soap and water is not available, alcohol-based hand sanitiser will be used.

Hygiene practices suitable for different age groups will be encouraged. For younger children this includes:

- teaching them how to wash hands properly and other hygiene habits
- supervision of handwashing where possible to make sure children are doing it properly
- making sure children wash their hands when they enter the school, regularly throughout the day and before and after eating

Children will be asked to:

- cough into their elbows or a tissue
- put used tissues straight into the bin
- avoid touching their eyes, noses or mouths
- not to share food or drink
- make sure they practice strict hygiene when preparing their food

## Face masks

From 11:59pm on Thursday 27th May, anyone aged 12 years old and over must wear a fitted face mask indoors and outdoors (except at private residences), unless an exception applies. There are a number of lawful reasons for not wearing a face mask, including for staff and students who are unable to wear a face mask due to the nature of their disability. This includes students or staff who have a medical condition, such as a breathing problem, a serious skin condition on the face, or a mental health condition. For communication purposes, teachers and education support staff are not required to wear face masks while teaching, but those who wish to do so, can.

## COVID Safety Reminders

We advise the College community to continue monitoring the public exposure sites in Victoria, which are published online at:

<https://www.coronavirus.vic.gov.au/exposure-sites>.

Key behaviours required for reducing COVID-19 transmission risk at Northside Christian College include staying home when unwell, performing regular hand hygiene, and where possible supporting physical distancing.

The most important action our community can take to reduce the risk of transmission of COVID-19, is to get tested and stay at home, even with the mildest of symptoms. For more information about where you can have a COVID test, please refer to:

<https://www.coronavirus.vic.gov.au/where-get-tested-covid-19>.

Northside Christian College will be continuing to implement a range of COVID safe strategies including QR code check-ins for visitors, cleaning of high touch services, promoting good hand hygiene practices, opening windows and doors for more ventilation, limiting food handling and sharing of food in the workplace, promoting physical distancing, and encouraging non-contact greetings.

The College maintains a webpage with up to date information about the College's response to the Coronavirus. This resource is available at:

<https://www.ncc.vic.edu.au/college-response-to-the-coronavirus>

# Information for Parents



- Students are expected to set aside regular, focussed study time and submit work as usual. Submission of tasks is equivalent to attendance
- Please ensure that the children in your care are using their device in a “public” area of your home. Bedrooms and bathrooms are inappropriate
- Please ensure that your child is dressed in appropriate day wear when using their device. Please check that you have internet filtering, parent controls and privacy settings in place on the device that your child is using
- Students are not expected to work if they are unwell. Please email [attendance@ncc.vic.edu.au](mailto:attendance@ncc.vic.edu.au) to let the College know if your child will not be studying due to illness.
- Online learning can be challenging for students for a variety of reasons. These are some things to take into consideration:
  - Student’s ability to learn and work independently
  - Self motivation will vary according to your child’s age and maturity
  - The home environment may be more distracting for some students, especially with siblings in view
  - Contact with peers during remote learning can distract from productive work habits. Be aware that not all conversation is collaboration
  - The amount of parent and teacher support will be limited
  - Students can expect remote learning to be different from face-to-face learning in a classroom with “live” discussion
  - It will take a different amount of time for students to complete online learning - this may be longer or shorter, depending upon the task
- Please check in with your child to see how they are going with their online learning
- Please check your email regularly so that you are receiving work for your children and other communication from teachers
- Please check SEQTA regularly for additional information
- Lesson content is to be used for educational purposes only. College Policies regarding ICT and online safety remain applicable during this time of remote learning

*If you require information from the e-safety commission, please visit:*

[www.esafety.gov.au/about-us/blog/covid-19-keeping-schools-and-learning-safe-online](http://www.esafety.gov.au/about-us/blog/covid-19-keeping-schools-and-learning-safe-online)

## Copyright

- To remain compliant with copyright laws, we ask that you do not share any videos that we provide.

## Privacy

- Please keep in mind that privacy applies to all Northside Christian College students and teachers. Please do not share Remote Learning content on Social Media platforms or by email. Our College Community are also reminded to be aware of intellectual property laws.

# Online Protocols

## Policies

Everyone within the Northside Christian College school community is expected to abide by the College's policies. Policies are created to assist in creating a learning environment in which students can experience success in a safe and caring environment that supports their wellbeing and achievement. While students are completing Remote Learning it is important to remain aware of a range of College policies including the policies listed below. A range of College policies are published on the College website.

- Academic Integrity and Plagiarism Policy
- Behaviour Management Policy
- Child Safe Policy
- ICT and Internet Acceptable Use Policy
- Student Anti-Harassment and Bullying Policy

Staff at the College will continue to implement a range of pastoral care policies including the following:

- Gifted and Talented Education Policy
- Inclusive Education Policy
- Pastoral Care Policy
- Reportable Conduct Policy
- Social Media Policy
- Staff Contact with Students Policy
- Working with Children Policy

*These Protocols apply to all students.*

- ☐ Use your laptop or desktop computer to access school work, not your phone.
- ☐ Dress in appropriate day wear. This will help you to get in the right mindset to complete work.
- ☐ Use your computer in a "public space" at home
- ☐ Set up a work space at home with everything you need in easy reach. Make this a space with limited distractions and noise
- ☐ Follow the teacher's instructions when you're doing online work. If you need help, ask your parents or contact your teacher by email
- ☐ Submit the work that you are asked to do. This is how teachers are keeping a record of your attendance at school.

## Staff Availability

Staff will attempt to respond to student and parent emails during normal business hours. Staff will aim to respond to correspondence within 24 hours.

We continue to be encouraged by God's Word during this time.

Isaiah 41:10 reminds us,

**"So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand."**





# Wellbeing at Home

## Continue to connect.

Feeling connected is really important in building and maintaining a sense of community and support. We all need to feel close and valued by others. Being alone is different to feeling lonely. If we are alone but feel connected, we are less likely to feel lonely. Try to keep relationships active despite being unable to be physically present and be creative in how you do this.

- Zoom or Face time
- Family / Community Prayer and Worship
- Make a phone call
- Cook a meal with a friend while Face timing
- Play games with family or friends online

## Keep learning.

Learning is taking a different form in the short term. Ongoing learning is important as it improves self-esteem, challenges our thinking and how we may respond to events. It can help us to become more adaptable and to see things through a different lens. Having a teachable spirit is another opportunity for growth. Asking some of the following questions can help us to check in with how our children are experiencing this type of learning:

- What's one new idea you had today?
- What's one way you sharpened a skill today?
- How well did you face a new experience today?
- What was one thing that made it easy/difficult in your learning?
- Who did you check in with or ask for help?

## Help and support others.

Giving is about creating a spirit of generosity and support for others, while at the same time developing our sense of purpose and self-worth. Be grateful, so write a list of what you are all grateful for. It is impossible to worry and be grateful at the same time! How can we all help each other at home to work together and contribute to a happy, safe environment, including being respectful of each other's personal space? Work together to establish respectful boundaries. It can be as simple as establishing that you would like each other to knock at your bedroom door before entering. Have helpful conversations.

## Look after your body, eat and sleep well.

Ensure that you all take some time out and get up and move. Frequent short breaks can be beneficial especially if sitting for long periods. Ensure your workspaces are user friendly and take note of posture. Being active will be important in helping to break up the day, to shift mood, and to decrease stress and anxiety. Walk the dog, play a game or kick the football. Create a gym circuit using body weight. Expensive weights are not required for a workout! Hydrate with plenty of water and be mindful of what is available to eat. Ask 'Is what I am about to eat nourishing for my brain and body?' We all know the importance of sleep. Now is a fantastic opportunity to address the bedtime routine and areas of improvement.

## The antidote to anxiety and apathy.

Both of these are real but they can look different with action. Talk about your worries and remember that worrying in itself will not change a thing! We have control and choice in how we respond to negative feelings. Although fear may be present, we can still act on and carry out activities even when fear is present. Take notice and focus on the present. Find the joy in the moment you are in. It takes practice, but it is possible. Talk to each other about how you are feeling and acknowledge each other's feelings as important. Being able to think about the here and now increases our awareness of how we are feeling, connects us to the positive things that are occurring, and reconnects us to the little things that bring happiness and satisfaction.

- Play or listen to music
- Sit in the backyard and find things that activate all 5 senses
- Create tech-free times
- Make a list and focus on one task at a time
- Look for things of beauty
- Self-body scan, slow the brain down, look for any tension or tight muscles and request a massage!

## Stay on top of difficult feelings.

Reach out for help if after talking to a friend or family member you are 'stuck' in how you feel. Support phone lines are available to access and you can chat to the respondent anonymously or approach as though you are calling to assist a friend. Adopt the approach that is comfortable for you. Remember, the most difficult part of the process is picking up the phone and making the call.

- Headspace - 1800 650 890
- Kids Helpline - 1800 55 1800
- Beyond Blue - 1300 22 4636
- Lifeline - 13 11 14

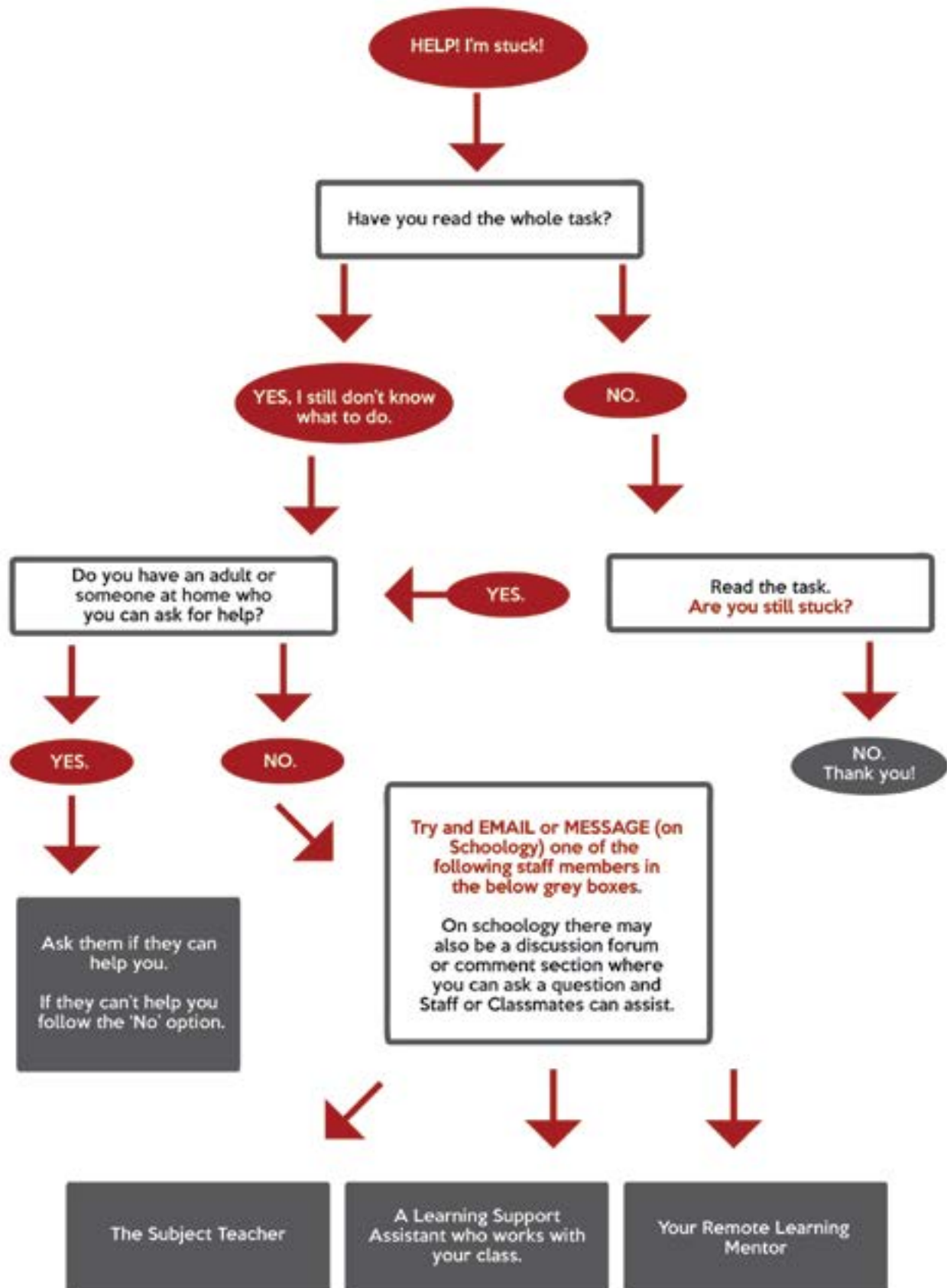
Please contact the College if you require assistance or support from your Wellbeing Team.

**“Do Not Be Anxious About Anything, But In Every Situation, By Prayer And Petition, With Thanksgiving, Present Your Requests To God. And The Peace Of God, Which Transcends All Understanding, Will Guard Your Hearts And Your Minds In Christ Jesus.”**

**– Philippians 4:6-7**



## Remote Learning: What to do when you need help.



**NOTE:** If you don't have a particular Staff Member's email. Contact your Class Teacher or the School Office.





# Key Contacts

Reception for General Enquiries

03 9467 2499

[ncc@ncc.vic.edu.au](mailto:ncc@ncc.vic.edu.au)

If your student is unwell and unable to complete the assigned learning tasks, please email:

[attendance@ncc.vic.edu.au](mailto:attendance@ncc.vic.edu.au)

Director of Primary School Learning

Mr Chris Simmons

[csimmons@ncc.vic.edu.au](mailto:csimmons@ncc.vic.edu.au)

Director of Middle School Learning

Ms Jo Westland

[jwestland@ncc.vic.edu.au](mailto:jwestland@ncc.vic.edu.au)

Director of Senior School Learning

Ms Lenna Waters

[lwaters@ncc.vic.edu.au](mailto:lwaters@ncc.vic.edu.au)

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# Northside Christian College

*Transforming Lives Through Christ and  
the Wonder of Learning*

Northside Christian College

*Medium-Term Remote Learning Guide*

Last updated 2nd June 2021

This document includes a wide range of information and resources that may be of assistance to Northside Christian College students and families while the College is teaching remotely.

Digital copies available at [www.ncc.vic.edu.au](http://www.ncc.vic.edu.au)