

Avila College Continuity of Learning




Learning Space at Home

Getting into Routine 

Faith 


Overview

Wellbeing 


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Parental Support





Continuity of Learning Program

Avila College's Continuity of Learning program is a more flexible way of teaching and learning. It is an agile model of curriculum delivery that enables students to learn remotely at home.

What is the same?

Together with the support of their teachers, students will be empowered to take greater ownership of their learning journey. It is expected that students will be more self directed - a fundamental and rewarding aspect of the learning experience - but will not be alone.

Teachers will be engaging with students through a combination of flexible learning approaches, across a variety of platforms and parents can monitor progress through the usual continuous reporting on SIMON.

What will be different?

Whilst it will be different to the traditional classroom, Avila students will have the opportunity to continue their learning and develop and apply new skills



become more agile in their thinking



grow as independent learners



build resourcefulness



be flexible and adaptable



be supported by Avila teachers & staff



always have the chance to ask questions along the way

What will be different?



- Students will need to check in with their teachers electronically
- Learning will be more flexible and self directed
- Students will be responsible for managing their own time
- Different subjects and teachers will be using different platforms to deliver curriculum
- Students will connect with classmates and teachers through digital platforms and virtual sessions

What is the same?



Students will still:

- learn their subject curriculum
- access subject resources such as class handouts and powerpoints
- keep to a 'school day' routine at home where possible
- communicate with teachers
- ask questions and ask for help
- share their thoughts and opinions
- be expected to follow the class rules
- collaborate with classmates
- complete and submit assessment tasks
- get feedback and marks from teachers
- follow the Avila ICT policy and adhere to the Avila Student Agreement

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As an Avila student, there are a number of expectations, rules and guidelines that need to be followed even though you are at home. It is expected that all Avila students will:

- Take responsibility for their learning together with their teacher
- Establish a daily routine for learning
- Check SIMON and emails regularly
- Follow their timetable
- Be respectful - demonstrating courtesy, common sense and consideration for others.
- Follow the class ground rules set by each teacher
- Meet deadlines and submit completed work to the best of their ability
- Ask teachers questions if they do not understand
- Respond to teachers in a timely manner
- Keep their laptop charged
- Adhere to the Avila College Student Agreement <https://bit.ly/39RqRGn>
- Follow Avila's ICT policy <https://bit.ly/2wmzpr8>
- Switch off mobile phones while learning



Guidelines



Video Conferencing Sessions



Video Conferencing Sessions

Some classes may involve virtual sessions through video conferencing platforms.

DO



- log in on time via the link provided by your teacher
- mute your microphone when you are not speaking
- use headphones
- check your background - what can everyone else see?
- switch off your phone
- tell your family you are on a video conference so they don't interrupt you
- Be respectful in your communications, demonstrate courtesy and consideration for others
- make sure you leave the meeting at the end

DONT



- be in the dark, turn the light on so everyone can see you!
- don't wear your jammies for virtual sessions

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Avila
Timetable

Sample
Routine

Tips & Hints



Getting into Routine at Home



Getting into a daily routine at home is really important. Wake up on time, get dressed, have breakfast and get ready to learn!

A great way to set up your routine at home is to structure your day around your Avila timetable.

If it is Week A and you have English in period one, allocate that time to focus on your English learning.



Avila Timetable

Use SIMON to check your timetable!
This is how we structure our day at school:

- 8.50am-10.10am ▶ Period One
- 10.10am-10.30am ▶ Recess
- 10.30am-11.50am ▶ Period Two
- 11.50am-1.10pm ▶ Period Three
- 1.10pm-1.55pm ▶ Lunchtime
- 1.55pm-3.15pm ▶ Period Four

Sample Routine



Log on to SIMON for the latest news and the Avila daily prayer

Check your emails for any new messages

Look at your calendar for today's virtual learning sessions - remember different subjects may be using other platforms

Set your learning goals for the day

Schedule video calls with friends for recess and lunchtime or after school hours

Schedule your snack and meal breaks

Set your alarm for exercise/walking breaks

At the end of the day, reflect on what you have learnt

Consider What Worked Well - the things you did really well at, what you are proud of...the best part of the day was...

Then think about what you could improve - next time, it would be Even Better If I...

Check SIMON and your emails for feedback from teachers or to send them messages.

Tips and Hints



- Write down a list of goals or tasks for the day and tick them off when you have completed them - it is so rewarding to see how many ticks you have at the end of the day!



- Share your list with your parents and/or siblings so they can see what you have accomplished.



- Schedule your breaks - for food, standing up, walking around, exercise and social time with friends.



- Mix it up! Take some time off the screen to read books or write notes.

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Homeroom
Check In
(see more)

Subject
Check In
(see more)



Student Check In's

In addition to the remote learning program and interaction with teachers and peers, students are required to complete two additional formal check-in's throughout the week. These are designed to provide additional monitoring of each student's learning engagement and wellbeing.

Subject Check-Ins



What is the Subject Check-In?

This is a learning engagement check-in for each student's individual subjects.

Students will reflect on their learning on these shared documents at least once a week. Teachers will also acknowledge contact that they have made during the week on these shared documents.

The sheets will be monitored and parents contacted if their daughter has been unable to engage with their learning.

The subject check-in platform will be provided to students at the start of our Continuity of Learning Program.



Homeroom Check In

What is the Homeroom@Home Check-In?

This is a wellbeing check-in to ensure Homeroom Teachers can continue to care and support your wellbeing, maintain connections and sustain a Homeroom community identity.

Students need to check-in every Tuesday and Thursday at some point between 8.40am-3.15pm.

When checking in, the student will select one of the three drop down options:

'Everything is great and I'm happy with my progress'
'I'm doing well and working through any challenges myself'
'I need some assistance and would like to touch base with you'

The check-in platform will be provided to students at the start of our Continuity of Learning Program.

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Your Learning Space at Home

Get Organised

Get Comfy!

Minimise Distractions

Light Up!



- Look around your home and find the best possible place for you to learn.
- It could be anywhere. It might be a desk in your bedroom or a section of the dining table. It just needs to be a dedicated space where you can focus, think and learn.
- An accessible power point is also useful so you can charge your laptop.
- We recognise that every household is different and you may be sharing spaces with siblings and other family members. So just do your best to make the most of the space you have.
- It will be different to an Avila classroom but make it your own!

Get Organised



Organise your space so you have what you need at hand and are positioned for learning. This will help you stay productive and focussed.

- Print off a copy of your timetable and place it somewhere you can see.
- Plug your laptop into a power point so it is constantly charging.
- Organise your cords so there's no tripping hazards.
- Re-purpose jars, cans, boxes as storage units and set them up with all you need.
- Place your books, stationery, calculator and other learning tools in jars or containers.
- Keep it neat and tidy.
- At the end of each day, place every item back where it belongs ready for tomorrow.

Light Up!



A light and spacious learning space environment is optimal - many studies have found that light can help productivity. If you can:

- open the curtain to let natural light flood into your space
- sit facing the window to reduce glare on your MacBook screen
- use an adjustable desk lamp to put light where you need it



Minimise Distractions

This is your learning space and a place to concentrate so...

- switch off your mobile phone
- put away and turn off anything you don't need eg. radio
- let your family know when you are in your learning space so they don't interrupt you by accident.



Get Comfy!



Make your learning space comfortable but still functional.

- Choose a comfortable chair with a back for support.
- Add a cushion if you need!
- Try not to be too warm or too cold - aim for around 22 degrees.
- Personalise your space so it reflects your character - pin up some quotes or pictures that inspire you.

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Wellbeing



There are lots of great ways and fabulous resources to support your body, mind and spirit so you can thrive inside!

First up, make sure you have a good night's sleep - *aim for between 8 - 10 hours and set your alarm for normal time* - and explore the links here for some great tools to stay active, mindful and healthy.

Stay Connected

Move Around

Dress Code

Positive Thinking

Good Nutrition

Move Around!



Bursts of exercise and physical activity throughout the day can clear your head, improve your mood, alleviate stress and give you more energy and focus.

- Try not to sit down all day
- Schedule in regular breaks away from the screen
- Stand up and move around at least every half an hour
- Stretch regularly
- Go for a walk, run or bike ride at lunchtime

Dress Code



The phrase "Dress for Success" is all about mindset. Dress for the role you are playing today - a student ready to learn and one who may have virtual sessions with teachers and other students, so what you wear matters.

- No jammies - get out of your PJ's and get dressed
- Wear comfortable and functional clothes
- Dress in smart casual clothes - just like you would for a free dress day at school
- Put on some bright colors - it is amazing how our dress can impact our mood.

Positive Thinking



Maintain a happy and healthy head space



Remember you are not alone

- Remind yourself that this is a temporary situation.
 - Remember - all Victorian students are learning remotely, so it is a shared experience.
 - Find lightness and humour in each day.
 - Stay connected with the good things in life - there are many acts of kindness happening and examples of people supporting one another in miraculous ways.
 - Celebrate your personal strengths, resourcefulness and resilience.
 - Reflect each day on what you have achieved and give yourself a pat on the back!
 - Limit your exposure to the news if it becomes overwhelming.
-
- If you don't understand something, ask your teacher.
 - If you are feeling concerned, talk to a trusted adult in your household.
 - Remember your Homeroom Teacher can always be contacted during school hours.

Stay Connected



Community connections are an important part of school life. There are many ways that you can stay connected with your teachers, classmates and friends.

- Email your teachers
- Schedule virtual catch ups with friends at recess, lunchtime and after school time
- Share ideas and resources with your classmates
- Check SIMON each day for news from our community
- Check your inbox for our regular emails - Monday Manager, Wellbeing Wednesday and Faith and Community on Friday messages

Good Nutrition



- Stay hydrated - drink plenty of water!
- Aim for 8 -10 glasses per day
- Keep a water bottle in your learning space at home
- Eat healthy and nutritious foods
- Cut up fruit and vegetables to have as snacks
- Challenge yourself to learn how to cook something new in the kitchen

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Parental Support

Parents can support their daughter's continuity of learning in a number of ways



Parent Resources

- Establish routines and expectations at home
- Designate a learning space where your daughter can work independently on her assigned tasks.
- Monitor communication updates and be sure to check in with your daughter regularly about learning tasks, activities and assessments they are working on.
- Ask your daughter to provide a brief summary of the learning she is engaging in for each class to ensure her understanding of the content and of the process she is being asked to engage in to demonstrate her learning.
- With your daughter, monitor her To-Do List and support her in submitting assignments according to the established deadlines.
- Remind your daughter to email her teachers if she has questions or if she needs extra help and support. Avila teachers will do their best to respond to all emails within a timely manner.
- Monitor time spent engaging in online and offline learning.
- Encourage attendance, as much as possible, to any regularly scheduled virtual classes offered by each of your daughter's teacher/s.
- Support emotional balance by providing ample room and time for reflection, physical activity, conversation, and recreation.

Parent Resources

Department of Education

Learning from home information for parents
<https://www.education.vic.gov.au/parents/learning/Pages/home-learning.aspx>



Student Wellbeing Hub

Information and advice on how to support your child's wellbeing and learning.
<https://studentwellbeinghub.edu.au/parents>

eSafety Commissioner

<https://www.esafety.gov.au>

Schooltv

wellbeing platform for schools and parents
<https://schooltv.me/category-latest-newsletter>

Raising Children

Australian parenting website
<https://raisingchildren.net.au>

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Parents can access their daughter's timetable through PAM (SIMON) to see which subjects are scheduled throughout the day. Depending on which platform their subject curriculum is delivered, will determine how students access their learning.

SIMON **PAM**

Both students and parents can monitor learning progress via continuous reporting which records marks and feedback on assessments on SIMON/PAM.



Students and teachers will be communicating to check on learning engagement. This will be managed differently according to subjects and year levels.



Teachers will engage with students in a variety of ways. eg. video conference session, google classroom, email, posting on SIMON. Students will also be required to submit a weekly engagement check to every subject teacher once a week.



Monitoring Progress

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Faith Open hearts open hands 2020

Blessed are the pure in heart, for they shall see God | Matthew 5:8

In these times we can turn to our faith knowing that our community will continue to work together to support each other with both open hearts and open hands. A daily prayer will be posted on Simon and all students are encouraged to read this before starting their learning day.

Reflections

Prayer

Acts of
Kindness

Our Presentation Values

Faith
Vision
Community
Action
Daring
Justice
Compassion

'Not Words, but Deeds' | Nagle Family Motto

Reflections

Meditation

Try a short 5 minute meditation giving you the opportunity to stop, pray and reflect, a time to connect with God and to take time out from your school routine.

Mandala colouring

Find a mandala that you can print out and spend a few minutes a day colouring for some mindfulness.

Prayer of St Teresa of Avila

Let nothing disturb you,
Let nothing frighten you,
All things are passing;
God only is changeless.
Patience gains all things.
Who has God wants nothing.
God alone suffices.

Avila Acts of Kindness

Undertake small acts of kindness
that make all of our lives easier and
connect us to a shared humanity

- Write a letter to a family member and post/
email it to them.

- Write thank you cards for essential services who
are at the moment working to keep us safe.

- Make a phone call to a family member
(grandparents/aunt/uncle) and spend a few
minutes talking with them.

- Spend some quality time with your family, make a
meal for them and be together away from technology.

- Connect with students from your year level to see
how they are going .

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Resources ☺))

Video Conferencing

Additional Online Learning Resources

Depending on the subject, Avila students and teachers will be using a variety of resources and digital learning platforms. Teachers will use the tools best suited to their learning area.

- GOOGLE CLASSROOMS - a learning management system that allows students in a class to access materials, complete quizzes, submit work, pose questions and source responses from the teacher and other classmates.
- SIMON/ PAM - Student timetable, notifications and continuous reporting
- STILE - a science teaching and learning app tailored to the courses we teach at Avila. Stile blends interactive science lessons, news stories and hands on investigations to empower Year 7-10 Science students to observe, think, write, and learn
- CLICKVIEW - a library of online videos classified according to learning area
- EDUCATION PERFECT - offers curriculum content for Languages
- EDMODO - Online classroom
- EDROLO - offers video and online textbooks to support some VCE subjects



Your Avila MacBook has a camera and microphone so you can use video conferencing at home. Your teachers may schedule virtual sessions on these platforms depending on the subject they teach. You can also use them to collaborate with classmates.



ZOOM
<https://zoom.us>



GOOGLE HANGOUTS
In the Google suite

Additional Online Learning Resources



FUSE is a content repository with over 25,000 educational resources mapped to Victorian curriculum frameworks. Resources include websites, interactives, images, audio and video.

<https://fuse.education.vic.gov.au>



ABC Education offers free, curriculum-linked resources for students and parents. <https://education.abc.net.au/home#!/home>

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The Avila College General Office is open between 8am - 4:30pm
Phone 9831 9600

Please see PAM for Homeroom and subject Teacher contact details

Senior
College
Leaders

Learning
Enhancement &
Enrichment

VCE/VCAL

VCAL/VET
Coordinator

Year Level
Coordinators

Wellbeing &
Counselling

IT Support

Library

Careers



35 Charles Street
Mount Waverley Victoria 3149
avila@avilacollege.vic.edu.au
<http://www.avila.vic.edu.au>



Avila
College

Senior College Leaders

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Klara Baka
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kbaka@avilacollege.vic.edu.au

Anna Marvelli
Director of Student Wellbeing
amarvelli@avilacollege.vic.edu.au



Learning Enhancement & Enrichment Coordinator

Tracey Gannon
Email | tgannon@avilacollege.vic.edu.au

VCE / VCAL

For general VCE / VCAL questions please contact:

Klara Baka | Director of Learning & Teaching
kbaka@avilacollege.vic.edu.au

If a student wellbeing concern exists please contact
the Year Level Co-ordinator:

Year 11 | Salvatore La Fauci
slafauci@avilacollege.vic.edu.au

Year 12 | Clare Manning
cmanning@avilacollege.vic.edu.au

For curriculum concerns please contact:

Leah Eekelschot
Deputy Principal of Learning & Teaching
leekelschot@avilacollege.vic.edu.au





VCAL/VET Coordinator

Jenny Dunn

Email | jdunn@avilacollege.vic.edu.au

For general student wellbeing questions please contact your daughter's Homeroom Teacher in the first instance. Please see PAM for Homeroom Teachers details.

Year Level Co-ordinators

Year 7 | Cherilynne Kingston
ckingston@avilacollege.vic.edu.au

Year 8 | Elizabeth Fuller
efuller@avilacollege.vic.edu.au

Year 9 | Marina Kelly
mkelly@avilacollege.vic.edu.au

Year 10 | Sophie Clapperton
sclapperton@avilacollege.vic.edu.au

Year 11 | Salvatore La Fauci
slafauci@avilacollege.vic.edu.au

Year 12 | Clare Manning
cmanning@avilacollege.vic.edu.au





Student Wellbeing

For general student wellbeing questions please contact your daughter's Homeroom Teacher in the first instance. For matters that require urgent attention during school hours please contact:

Anna Marvelli | Director of Student Wellbeing
amarvelli@avilacollege.vic.edu.au

Janine Bauman | Deputy Principal Student Wellbeing
jbauman@avilacollege.vic.edu.au

Counselling Services

Our student counselling team will continue to provide support and advice. Students can book an appointment with a counsellor via email

Helen Tillinh (Mon - Fri) | htillinh@avilacollege.vic.edu.au

Donna Teekens (Mon, Tues) | dteekens@avilacollege.vic.edu.au

Rachael Janssen (Tues - Fri) | rjanssen@avilacollege.vic.edu.au



IT Support Services

Email | itsupport@avilacollege.vic.edu.au

Please email IT to log your request and your issue will be attended to in a timely manner.

Library Services

Dianne O'Neill | doneill@avilacollege.vic.edu.au

- Please note that the Avila library website is still accessible from home, simply go to: <http://library.avila.vic.edu.au>
- Audible has a fantastic collection of audio books. The first month and first book is free. <https://www.audible.com.au>
- Avila College Library Year 7 & 8 2020 Reading Challenge encourages any level of reader to explore books from a vast range different categories, plus you get to add reviews to your reading lists. <https://bit.ly/3bSzaDo>



Careers Services

Jenny Dunn | Pathways & Careers Coordinator
Email | jdunn@avilacollege.vic.edu.au

Madeleine Franken | Careers Teacher
Email | mfranken@avilacollege.vic.edu.au

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