

A learners version of Teaching and Learning Expectations August 2021



WHANGAPARAOA COLLEGE

Please remember that your number one priority during this lockdown is to take care of yourself and your whānau. We understand that circumstances are different from whānau to whānau and this can increase the pressure you are under. It is however important to continue with your school work during this time as well as part of looking after yourself.

How will I learn during Lockdown?

1. Your learning will continue on-line during lockdown.
2. Check your email regularly/at least once per day as updates for work on Google Classroom and email messages from your teachers and Kaiarahi will be in your inbox.
3. Follow the revised timetable, completing work each lesson just like you would as if you were at school.
4. You will be assigned work regularly by your teachers and you are expected to complete the work to the best of your ability.
5. Your teacher will give you feedback on-line when they can.

How do I get help?

1. For help with your subjects, email your teacher, post questions on-line in the Classroom, or ask for help during the on-line lessons.
2. For general help, if you can't contact your subject teachers or you are feeling overwhelmed and not sure how to start or what to do next, contact your Ropu Whānau teacher by email.
3. Your teachers are expecting you to ask for help when you need it and will respond to your questions. If you are still stuck, ask again.

What about my Hauora?

You will no doubt be feeling a range of emotions and many of these emotions will be based on your previous experience in lockdown.

- Create a routine as if you were going to school.
- Emotions - don't suppress and ignore these. Talk to someone.
- Be active! Exercise and get out of the house every day.
- Do things that boost your mental health (happiness) and avoid things that don't.
- Get enough sleep.
- Create a routine, get up, get dressed and have breakfast before your online classes.
- Prioritise work and make achievable to do lists/goals.
- Stay connected to your friends and family. Share your worries.

If you are struggling and need support, please email katiegr@wgpcollege.school.nz. Mrs Katie Graham, our new Learner Support Administrator, will make contact with one of the school counsellors and let you know when someone may be in touch with you. Alternatively, you could contact **Youthline**: Free call 0800 376 633 | Free text 234 | [Webchat](#).

Contact with your Kaiarahi

Remaining connected with your Rōpū Whānau teacher is essential. Your Rōpū Whānau teacher will be working with you to help you stay focussed, track your progress and support you to find the best balance between wellbeing and school work.