

BUSY SCHOOLS NEWS

Term 3, Week 4

6 August 2021

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Dear Parents/Guardians,

This week has been a challenging week for all Queenslanders as we grapple with the current COVID-19 lockdown restrictions. Unfortunately, the delta strain of the virus is so much more virulent and poses so much more risk in our community. A leading epidemiologist said recently that 'this virus does not have legs; it needs human interaction to spread'. This is why we must currently ensure we limit our interactions with others and continue to wear a mask, wash hands regularly, and physically distance ourselves from others. Hopefully, this present situation will be under control soon, and restrictions can be eased. Although this has put a damper on things it will not stop our students from continuing their education.

I am very pleased with the efforts of staff this week in contacting all students and parents to check on their wellbeing and to make sure they have received work to continue their education. I was equally impressed to hear about our students interacting with their teachers seeking assistance to complete their work and some students asking for additional work to complete. We must stay busy during the lockdown and continue to communicate with each other as much as possible. I encourage students to get into a routine at home, don't sleep in, and keep to a regular sleep pattern so you can adjust easily back to school life when school resumes.

Students should be spending approximately 1 hour per day of study for each subject, this means a minimum of 3 – 4 hours per day. Use this time wisely to go over work already completed or to complete missed work. It is a wonderful opportunity for you to catch up if you have been falling behind. Teachers are available from 8:30 am – 3:00 pm each day, they are available for you to contact via email or by Microsoft Teams. We can arrange for teachers to call students by phone if this is needed. Please let us know if you would like a teacher to call you to provide assistance.

A reminder to everyone that Monday 9 August is a public holiday for the Queensland Show Holiday, Logan City. Regardless of lockdown, this will remain as a public holiday.

Keep safe and stay well.

Regards

Shane Blood
PRINCIPAL

How to manage stress and learn effectively at home

Here are some tips to help you get the most out of your learning while school is closed, and to help you manage stress through these difficult times.

Active study, not passive

When you actively process information, you remember it better. This is because your brain is forming stronger connections.

What does this mean for you?

Passive study examples	Active study examples
Reading a textbook	Highlighting the top 5 sentences on a page (limiting yourself makes you evaluate what is actually important, helping info to “stick” better)
Watching a YouTube video	Writing a quiz for yourself as you watch the video, then answer the questions in a couple of days.
Telling someone you have revised a topic	Teaching someone else a topic! Create resources or hold a remote revision class for friends.

In summary, taking information in and ***making something new from that information*** is what really helps information to stick.

Study tips

- If you struggle with motivation, start in good time by doing something. It doesn't matter how small, just *something* helps.
- Make sure you make a timetable to organize the work you're going to tackle each day. It really helps if you set out what you need to do in small chunks. Small chunks are much more manageable.
- Don't get distracted by social media apps. Use apps to block social media websites temporarily.
- Put on some headphones and play some instrumental music. Instrumental music in the background can help to sharpen your focus.
- To make your day more manageable, try to break down each hour into 40 minutes of solid studying followed by 20 minutes of break.
- Remember that you're not a machine. You deserve time off! Make sure you factor in time to watch a film, talk with friends or grab some food and a drink. The most productive brains are those that rest properly too!
- Break up your learning with some exercise! Not only will it let your mind relax for an hour, you'll also get a burst of energy.
- Focus on you and don't worry about anyone else. You can only control what you do. Remember *your* best is good enough!



Struggling to cope during the pandemic?
Trained counsellors are available 24/7.

Give them a call on **1800 512 348**