

# DE INTERNATIONAL

## INFORMATION FOR PARENTS OF PRIMARY INTERNATIONAL STUDENTS STAYING HOME DUE TO COVID-19

Following the NSW Premier's recent announcement encouraging parents to keep their children at home due to the Coronavirus threat, international students may remain at home under their parent's supervision and access their school work online.

Schools have been notified that your child's stay at home arrangement will not affect their ability to meet the 80% attendance requirement.

### Parent's responsibilities

1. You and your child must **stay at home**, avoid non-essential travel and follow government regulations regarding social distancing
2. Provide support for your children by:
  - establishing routines and expectations
  - defining a space for your child to work in
  - monitoring communications from teachers
  - beginning and ending each day with a check-in
  - taking an active role in helping your child process their learning
  - encouraging physical activity and/or exercise
  - checking in with your child regularly to help them manage stress
  - monitoring how much time your child is spending online
  - keeping your child social, but set rules around their social media interactions.
3. **Contact your school's international student coordinator, teachers and DE International if your child encounters any issues or problems at home.**

You can visit the Department of Education's '[Learning from home](#)' webpage for more information on the above responsibilities and more advice on learning from home effectively.

### Stay Well

Being confined to home for an extended period of time can cause stress and conflict. Here are some things you can do to look after your child and yourself during isolation:

- Talk to your child about what is happening and keep in touch with your family overseas. This will help them understand the situation and will reduce their anxiety.
- Exercise regularly. Exercise is a proven treatment for stress and depression. Options could include exercise videos, dancing, floor exercises, yoga, walking around the backyard.
- Call the **Medibank 24/7 Student Health and Support Line on 1800 887 283** within Australia if you wish to speak with a nurse about any health concerns you have for your child. Interpreter service is available. You **do not** have to be a Medibank OSHC member to call this number.