

Remote Learning & High Achievers.

Hello, wonderful parents and young learners! Today, let's embark on a vibrant journey into the realm of Remote Learning (RL) and its unique impact on our high-achieving superstars during the lockdowns of 2020/21.

While it's true that much attention is rightly given to the challenges faced by those who may have fallen behind, let's shine a spotlight on the unsung heroes—the hardworking, already-ahead kiddos, just like my amazing daughter. 🌈



Picture this: a daily rollercoaster of tasks and a sprinkle of pressure as my daughter, a true dynamo, took on the RL challenge with gusto.

👉 As a teacher navigating the remote learning landscape with a spirited grade 5/6 class of 21 students, I realized that some tasks I assigned were more like delightful extras, 'fill-in-the-blank' adventures or often labelled as 'optional' for most students.

You know, the extra fun stuff after conquering the essentials.

But not for my daughter.

Her dedication was next level, attempting to tackle an impossible amount of work daily. She insisted on getting every single task done, every day and even was afraid she would get in 'trouble' if she didn't complete them. I would often try to explain to her that she did not 'have' to do this, but that would make her even more anxious, like I believed that she was not 'able' to get it done.

There were many tears and meltdowns where she would just sit there and cry and say, "I can't get it all done mum". Meanwhile my heart was breaking as I sit on yet another live lesson session with my own class before being able to comfort her.

"How to Spot Anxiety in Your Child: Observe, Communicate, and Support. Be aware and on the lookout for shifts in behaviour, sleep patterns, and mood. Look for persistent worries, changes in appetite, or withdrawal.

Foster open communication, create a supportive environment, and validate feelings. This helps in early intervention, and if needed, seek professional guidance for your child's well-being. If in doubt about how they are feeling... ask them for an honest conversation and keep reassuring them that you care and want to know how they are doing.



And to all the parents out there, keep an eye out for these warning signs of anxiety and trauma, not just for the ones who fell behind but also for your high-flying achievers. Their mental well-being is just as crucial! ❤️👁️

#CaringForAllMinds

Please follow along with Australian Primary Tutoring for all course information and social media platforms, here...

Website - [Australian Primary Tutoring](#)

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FEELING
GRATITUDE
AND NOT
EXPRESSING IT
IS LIKE
**WRAPPING A
PRESENT**
AND NOT
GIVING IT.
—WILLIAM ARTHUR WARD—

By John Doe

If you or someone you know needs assistance, please refer to the resources below.

You are not alone, and the world is a better place for you being in it.

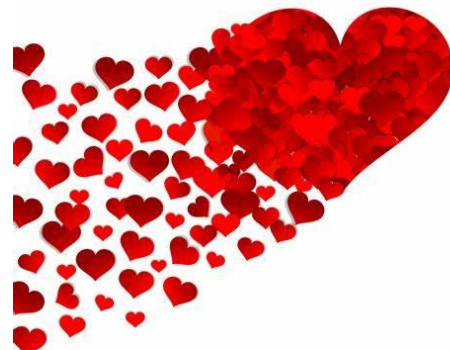
Lifeline

A national crisis support and suicide prevention service that provides 24/7 telephone counselling. They also offer online chat and resources for people experiencing a personal crisis.

Phone: 13 11 14

Online chat: <https://www.lifeline.org.au/get-help/online-services/crisis-chat>

Website: <https://www.lifeline.org.au/>



Headspace

A national youth mental health organization that provides early intervention services to young people aged 12-25. They offer support for a range of mental health issues, including depression, anxiety, and substance abuse.

Phone: 1800 650 890

Online chat: <https://headspace.org.au/eheadspace/>

Website: <https://headspace.org.au/>

Black Dog Institute

A mental health research organization that focuses on understanding, preventing, and treating mental illness. They offer a range of resources, including online self-help tools and courses, to support mental health and wellbeing.

Phone: (02) 9382 2991

Website: <https://www.blackdoginstitute.org.au/>

Kids Helpline

A free, confidential counselling service for children and young people aged 5-25. They offer telephone counselling, webchat, and resources for a range of mental health concerns, including bullying, family and relationship issues, and self-harm.

Phone: 1800 55 1800

Online chat: <https://kidshelpline.com.au/get-help/webchat-counselling>

Website: <https://kidshelpline.com.au/>