

DE INTERNATIONAL

INFORMATION FOR INTERNATIONAL STUDENTS STAYING AT HOME DUE TO CORONAVIRUS

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 if possible and access their school work online.

Student's responsibility during remote learning

Schools have been notified that your stay at home arrangement will not affect your ability to meet the 80% attendance requirement. **However, you must agree to:**

- **stay at home**, avoid non-essential travel and follow government regulations regarding social distancing
- **access learning resources provided by your school** and complete your online work, as required by your teachers
- establish and/or follow a **daily routine** for learning
- identify a safe, comfortable, quiet space in your home where you can work effectively and successfully
- regularly monitor digital platforms and communication (O365, G-Suite for Education, Seesaw, Canvas, email, etc.) to check for announcements and feedback from teachers
- complete tasks with integrity and academic honesty, doing your best work
- do your best to meet timelines, commitments, and due dates
- **communicate proactively** with your teachers if you cannot meet deadlines or require additional support
- comply with the department's 'Student use of digital devices and online services policy'
- **contact your international student coordinator, teachers and DE International if you encounter any issues or problems at home.**

Your teachers will be checking that you are engaging in the online learning and completing your work.

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.

Important homestay rules and expectations

During your extended time at home with your host family, it will be very important that you:

- remain calm and respectful at all times towards all members of the family
- are mindful that resources such as toilet paper, some food items and other essentials may be difficult to purchase due to the Coronavirus situation. This will mean that you should not be wasteful
- will need to be more flexible with food choices in the home
- remember in this situation that hygiene is a key factor in safeguarding against the virus spreading - wash your hands thoroughly for 20 seconds
- must maintain the social distancing rules
- consider purchasing extra treats and food snacks if available

Your well-being is important

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 yourself during isolation:

- Talk to your host family about what is happening and keep in touch with your family overseas.
- Exercise regularly. Exercise is a proven treatment for stress and depression. Options could include exercise DVDs, 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 issues and interpreting is available. You **do not** have to be a Medibank OSHC member to call this number.