The VLP is designed to help you navigate online learning challenges and support your child’s learning at home.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. PHILIPPIANS 4:6

**Virtual Learning Platform**

- **Engage with their learning**
- **Create a learning environment**
- **Maintain a routine**
- **Keep them safe online**
- **Communicate regularly**
- **Encourage wellbeing**
- **Encourage good sleep habits**
- **Read the Bible together**
- **Have "screen-free" time**
- **Check in & ask questions**
- **Find Youtube tutorials**
- **Ergonomic chair**
- **Ergonomic desktop**
- **Peace & quiet**
- **Keep to set meal times**
- **Pray every day**
- **Encourage daily hygiene**
- **Supervise online usage**
- **Use online security**
- **Discuss the dangers together**
- **Get IT support via HelpDesk**
- **Check in daily on Google**
- **Email teachers**

[carinya.nsw.edu.au/virtual-learning-platform]