

Materials compiled from participant chat contributions during QATESOL webinars
What works for you – Virtually? on 6 and 14 May 2020

Best tips from, or for, colleagues

Mental – Physical – Pedagogical - Logistical

Mental

- You will only get through about 50% percent of the work
- Embrace virtual teamwork: it is easier doing it together and sharing ideas
- Wind down e.g. Debriefing with my husband!!!
- It's not business as usual so I try not to put extreme levels of pressure on myself
- Take time to look up to the glorious blue skies we've been having lately.
- We had a great shared lunch yesterday and lots of laughs
- Know that every day is a new day. Health and Education Department responses change really quickly so I don't make any fixed future plans
- Manage expectations.... (I recall) getting 2 students for first Zoom classes... (and) amazing students and their families for supporting students in using the technology (beginner classes)
- Remember that every little mistake with tech/planning is okay and is a learning experience
- Flexibility is key
- Be kind to yourself and remember to celebrate the wins
- We have come a LONG way since Week 9 of Term 1
- Don't be too hard on yourself - you don't know what you don't know!
- Cairns West SS has a great multi-lingual video on their Facebook page it's beautiful
<https://www.facebook.com/CairnsWestSS/>
- It seems simplistic to say, but lower expectations are okay. Trying to deliver the same level of learning experience is not realistic for us or our students.
- Set yourself a mindfulness task each day to get away from work. Pinterest has some great 30 day challenges that you can use to help you to ensure that work-life balance
- An ex principal of St. Michaels in Christchurch was interviewed on the ABC - and after he earthquake, they had no school for 3 weeks, and the students still turned out okay ...and then they had that mass shooting...kids built resilience. Home learning doesn't even compare.

Physical

- Make sure you have screen breaks
- Remember to eat
- Exercise
- Gym sessions from YouTube
- Enjoy outside time
- Play music: our music teacher is teaching [the staff] how to play the ukulele.
- Go for a walk every day.
- Walk the dog early every morning and drinking red wine at night.
- Take a social walk with colleagues in local area
- Yoga sessions at school

Pedagogical

- I helped a co-worker by pretending to be a student and doing everything I could think of to be disruptive and irritating, so they could practise managing that
- Bringing in the home environment as a learning space e.g. introducing geometry vocab - students new to English asking them to find geometrical shapes in the house 'the clock is a circle, the toast is a square...' =
- Using PowerPoint to manage Zoom lessons
- When you only get a few in the online lessons it feels valuable because the diligent kids are getting more focussed attention than usual
- Students need time to work the tech, so don't set too much work

Logistical

- A communication room (has been) set up for our bilingual staff to ring families every day; a bilingual tutor; using bilingual contacts to engage with parents
- I'm a bit scatterbrained by the end of the day, so I make sure I schedule the work that requires the most thinking first up, and leave admin, emails or discussions with other teachers at the end
- Set yourself a work schedule (e.g.: 8am - 4pm; 9am - 5pm); 2) and try not to work outside those hours and ensure you are not working 24/7 - ensure you have a work/life balance