



STRATEGIES FOR GUARDIANS OF INTERNATIONAL STUDENTS

We are a united, global community in helping all students to keep #learningtogether. Here are some useful strategies to support students who are away from family and friends.

For more resources,
visit www.pivotpl.com

FAMILY TIME



- Regular, weekly contact with parents and families will be greatly appreciated. A short email that can be easily translated is a great way to ease stress that your students' family may be feeling.
- Take and share photos of your student with their family regularly.
- Ask your student's family how you can make your space feel more like home, such as including their favourite foods, hobbies and favorite ways to de-stress in the daily routine.

MAINTAIN ROUTINE



- As much as possible, follow the usual school routine with scheduled breaks. Try to start 'school' on time each morning.
- If the student's family is easily contacted, set up a daily chat before the school day commences or at the end of the day, depending on time zones.

KEEP THEM CLOSE



- Although studying at their own desk in a bedroom may be their preference, ask them to spend some time each day working in a 'shared space' such as a kitchen bench or dining table.
- Offer opportunities for engaging with your family on a regular basis. Ask your student to help make a meal, watch a movie together or play a game.

STAY ACTIVE



- A daily outing to keep the physical activity levels up is a must. If your student has a regular workout or sporting passion, discuss how you can support their ongoing enjoyment and commitment. This may be a daily online video workout or yoga class.
- Pets can be a great soother for everyone in times of stress. Walking the dog or playing with the cat is a great way to stay active and lower stress.

LEVERAGE SCHOOL SUPPORT



- Reach out to your student's school and establish a regular rhythm of communication. Set up a weekly phone call or email exchange with your students' main point of contact at the school. This is an opportunity to check-in on your students' learning and wellbeing.