

FOR STUDENTS: MANAGING LEARNING ONLINE

Week 10: Student may come to school if necessary to be supervised or work from home. All students will work with the Department of Education's *Learning at Home* resources and information currently on Connect.

PREPARING FOR ONLINE

- Use a dedicated study space.
- Reduce distractions at these times.
- Practice time management.
- Ask for help when you need it.
- Make time to exercise, practice mindfulness and engage in hobbies.
- Communicate effectively - people can't assess your body language or tone of voice when you're communicating via many electronic means.
- **Where possible, download materials onto your device.**

YOUR CLASSES

- Treat the day as a normal school day and follow your timetable to establish a routine with regard to lesson delivery and access to teachers online.
- Log into the normal online platform, your teacher will let you know if they are using something different.
- Familiarise yourself with your teacher's expectations.
- Treat an online lesson like a "real" lesson.
- Participate in any online discussions and activities.

ROUTINE AND WELL-BEING

- The routine to the home school day is going to be really important to help maintain focus and structure to your day.
- Wake up, have a shower, dress appropriately and have breakfast. Be ready to start your day at normal school time.
- Follow your regular school timetable, stay off your phone and social media.
- Take regular short breaks to eat, stretch your legs, get some fresh air.
- At the end of the school day, relax! Use this time to check in with friends, or watch a movie. If you have a secure garden, get outside, read a book or do some exercise.

The Virtual Classroom

Looking after your wellbeing while off-site



Physical

- Eat well
- Go outside
- Drink water
- Have a shower
- Brush your teeth
- Exercise



Mental

- Check your self-talk
- Take breaks
- Engage in mindful activities
- Prioritise speaking to friends every day
- Create a schedule



Future

- Accept bad days happen
- Get some sleep
- Reach out
- Reflect. Don't dwell
- You've got this!