



BE READY TO LEARN FROM HOME

"Whatever you do, work at it with all your heart." ~
Paul the Apostle

FOCUS YOUR MIND

- Wake up and have breakfast at the same time each day
- Say good morning to your family
- At 8:45am check your school emails and daily schedule on Compass
- Follow your timetable
- Write a 'To Do' list and tick off activities as you do them

YOUR SPACE

- Your learning space should be tidy, comfortable and as quiet as possible
- Be respectful of shared spaces
- If using your webcam, always sit in front of a blank background if possible

YOUR CLOTHING

- Dress in neat, casual clothes
- Do not wear pyjamas
- Year 12: if you are participating in a live Zoom meeting, make sure your clothes are appropriate

EQUIPMENT

- Have your notebook ready and logged in
- Test apps to make sure they are working
- Have a pen and some paper or a pad/book ready
- Remove all distractions

ETIQUETTE

- Be polite, appropriate and civil in your language online, as you would in person
- When in video calls or meetings, turn off your microphone until required
- Turn your phone to silent and use the Forest app or similar to avoid distraction (<https://www.forestapp.cc/>)

BE HEALTHY

- Drink at least 2L of water a day
- Take breaks every 45-60 minutes
- Have recess and lunch and eat a variety of healthy food
- Do some exercise – take a walk/run around the block/take the dog for a walk

BE PRODUCTIVE

- Manage your time – use it for learning
- Submit all your completed work for feedback from your teacher
- Spend time revising any items you don't understand and ask questions
- Clean up your emails – read and reply. Remember email etiquette

USEFUL WEBSITES:

Education Perfect 7-10
Edrolo (year 11 and 12)

Clickview - Log in with their school login. Click Libraries folder. Within this folder students can see resources that are appropriately rated.

YOU CAN GET SUPPORT FROM:

At School:

CARE teacher, Class teachers, Year Coordinator

Mental Health Services:

<https://headspace.org.au/>

<https://au.reachout.com/>