


REMOTE LEARNING

COVID COMPLICATIONS

MONDAY		DATE
LOG ONTO CANVAS: check the weekly overview for each of your courses		8:10am
TUTOR GROUP 8:20am	JUSTREAD 12:00pm - 12:25pm	
PERIOD 1 8:30am - 9:30am SUBJECT	PERIOD 4 12:30pm - 1:30pm SUBJECT	
	LUNCH 1:30pm - 2:20pm	
PERIOD 2 9:40am - 10:40am SUBJECT	PERIOD 5 2:20pm - 3:20pm SUBJECT	
RECESS 10:40am - 11:00am	TOMORROW	
PERIOD 3 11:00am - 12:00pm SUBJECT		
	Have you helped cook a meal? 	

Be ready to learn at home!

Your learning space



- Set up your work space with all the equipment you will need including pens, notebooks, textbooks and your device
- Ensure your space is well lit
- If using Conferences, be mindful of your background; use a blank wall if possible
- Wear earbuds or a headset to enhance audio quality
- Make sure there are no distractions – put your phone away & log out of social media on your device

Your daily routine



- Begin your day with some exercise, eat a nutritious breakfast and get dressed in your summer uniform or sports uniform
- Plan your day using the daily planner (consult your Weekly Overview on Canvas)
- Attend Tutor Group via Canvas Conferences at 8:20am
- Find a relaxing space in your home or outside for *Just Read*
- Ensure you spend at least an hour offline each day and enjoy time or meals with family



Your learning

- A Weekly Overview of your learning will be posted on the front page of each Canvas course on Monday morning - click on this button to read the types of lessons you should expect for every course each week
- Your learning will be delivered in a number of ways - live lessons via video conferences or online discussions, guided instructions on your Canvas courses or longer term projects
- During the lesson, you must be ready to answer questions from the teacher
- If you have issues accessing content or questions after your lesson, contact your class teacher

Your behaviour



- It is essential that you behave online as you would in person; be respectful and responsible at all times
- Make sure your participation by video, audio or online chat is positive, appropriate and related to your school work
- You are not permitted to record or take screenshots of any other student or teacher – serious sanctions could apply if you breach privacy by recording classes, taking screenshots or distributing information or images from class without permission
- Do not invite family, friends or pets to participate in the lesson

Your health



- Take regular rest breaks; try stretching or *Just Dance*
- Ensure your desk is set up for correct posture; there are tips on the *Working Safely at Home* poster
- Give your eyes a break; try the exercises on the *Give Your Eyes a Break* poster
- Make sure you continue to drink water – aim for 8 glasses per day
- Visit the *Witness the Fitness* page on Canvas for exercise routines you can complete at home
- Make sure you continue to check in with your friends and schedule regular virtual catch ups

