

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 school uniform
- 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 in each course on Monday morning
- Your learning will be delivered in a number of ways - live lessons via Canvas Conferences or Discussions, guided instructions on your Canvas courses or set work
- 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 meditation, 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



Staring at screens all day?



GIVE YOUR EYES
A TEA BREAK

STEP 1

Set a reminder to take regular breaks away from your computer screen to rest your eyes.

STEP 2

Hold a pencil. Focus on the tip as you slowly move it towards and away from your eyes.

STEP 3

Pause, then focus on a point 6 metres away, out the window perhaps.

Repeat 3 Times.



Working safely at home



AVOID BAD POSTURE WHEN SITTING.



TAKE REGULAR BREAKS TO STRETCH AND RE-ENERGISE.

TIP 1

Screen should be eye level and brightness should be adjusted to a suitable setting so you're not straining your eyes to read text

TIP 2

Feet should be flat on the floor

TIP 3

Back should be straight when sitting on chair and make sure chair has a back to it



DAILY PLANNER

DATE

LOG ONTO CANVAS: every Monday check the weekly overview for each of your courses

8:10am

TUTOR GROUP
via Canvas Conferences

8:20am

PERIOD 1

8:30am - 9:30am

JUST READ

12:00pm - 12:25pm

PERIOD 4

12:30pm - 1:30pm

PERIOD 2

9:40am - 10:40am

LUNCH

1:30pm - 2:20pm

PERIOD 5

2:20pm - 3:20pm

RECESS

10:40am - 11:00am

PERIOD 3

11:00am - 12:00pm

TOMORROW



Have you completed a workout from *Witness the Fitness*?

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TOMORROW



Have you had enough water?

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TOMORROW



Have you spoken to a friend?

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Have you tried meditation?

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11:00am - 12:00pm

TOMORROW



Have you got your book ready for *JustRead*?

