3HS and 2CZ HELPFUL HINTS

for learning online or at home.

MINDSET & WELLBEING:

* Have a positive growth mindset about remote learning. There may be challenges or you may need help. If all learning is easy, it’s not stretching your mind.
* Remember to be patient with family members as this may be new for them too. Kindness and patience will be better for everyone in the house.
* Make sure you get enough sleep, breaks and eat well.
* It’s important to have fun and ‘switch off’ from work at the end of the day.
* Online safety is very important. Student’s screens should be in view. Be mindful of surroundings when taking photos and creating any movies etc.
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GETTING HELP & SUPPORT:

* We will be available on email from 9.00 – 3.00 or normal school hours to respond to emails from both students and parents.
* We will aim to ease families into this learning method and are very mindful this is a time of uncertainty for many. Students are encouraged to work independently where possible as we understand that many parents are also working from home etc. However, there may be times they ask for help or have problems.
* If you find the work is becoming too difficult to access or problematic, please don’t hesitate to let us know.

COMMUNICATION:

* Each morning at 9.00am, be ready to check your email. Students will receive work and outline for the day.
* Take the time to read over your day and ask any questions via email to your teachers.
* Be patient when waiting for replies to emails – You may even be able to double check with someone at home first if it’s not too urgent.
* Try to send finished work to your teacher as an attached file with your name on it (teachers will be getting lots of emails).
* Always try to use positive and respectful language when communicating online with others. ‘If it’s not ok to say it to someone in person, don’t write it in a message.’

LEARNING SPACE:

* Find a space where you are able to use each day for yourself, but can still be viewed by an adult. You should be away from distractions, but not tucked away in your bedroom or in front of the television.
* Each day be prepared with everything you need and be dressed, teeth brushed and had breakfast. Being up and prepared will help you to be ready to learn.

PLANNING YOUR DAY:

* Start your day by checking your email and outline. **Please reply to the daily email with a simple ‘Thanks** **or present’** to let us know you’re accessing the learning. We will be keeping a record of who is checking in to help us to support students and their learning.
* You may find it suits you better to change your break times, or do your lessons in a different order, that’s ok, as long as you don’t spend more time than suggested and you’re still accessing the learning.

Learning online is flexible. It is a team effort between teachers, students and families. It is not meant to be stressful. The aim is to enable those students who work from home the same access to the learning as they would at school. This is a great opportunity for students to become more independent and creative with their learning.