



BE A LEARNER FROM HOME



“Everyday, work to the best of your ability”

Start Well!

It's still a school day!

- Get a good night's sleep
- Wake up and have breakfast at the same time each day
- At 8:45 check your student portal, the daily notices and school emails
- Login to roll call in your period 1 online classroom between 8.50am and 9.10am, check in with your teacher who will be marking the roll.
- Follow your usual timetable for the rest of the day
- Write a 'To Do' list and tick off the activities as you do them

What to wear

- Get out of your pyjamas!
- Dress in appropriate, neat, comfortable clothes ready for learning
- If you are participating in a live lesson, make sure your clothes are appropriate

Setting up your learning space

- Find an area that is tidy, comfortable and as quiet as possible
- Sit at a desk or table & remove any distractions
- Be respectful of shared spaces
- If using your webcam, sit in front of a blank background

Equipment Needed

- Have your device ready, charged and logged in
- Test any of the apps you are using to ensure they are working
- Have a pen & paper with you
- If you need tech help or to borrow a device contact the school
- You must use only your @education email as staff are unable to respond to private email addresses.

Be Respectful

- Be polite and use appropriate language online, as you would in person
- Connect to a live meeting with your camera & mic off until instructed by the teacher
- Turn your phone to silent and use the Forest app or similar to avoid digital distraction (<http://forrestapp.cc/>)
- Teachers are available for contact time during your timetabled lesson. Limit your contact to between 8.30 & 3.30pm each day

Be Productive

- Manage your time well – use it for learning
- Submit your completed work as requested for feedback from your teacher
- Allow time to revise items you do not understand and ask questions if you need help
- Check your emails – read & reply if needed

Be Happy & Healthy

- Keep safe and supportive communications with friends and family. Smile and laugh!
- Exercise daily with a family member
- Every 45-60 minutes take a break
- Eat healthy
- Drink at least 2L of water each day

Useful Resources:

- Google Classroom (access to Classes, Year Information, Wellbeing Notes & Learning Tool Kit)
- TV for Education to find TV, Online streaming services clips to support the curriculum (gain access through WHS Portal – Library – Whitebridge Hive Website – TV4Education)

We are here to help

School-based Online Support - Via Google Classroom and School Email you can gain support from Class Teachers, Year Advisors & Learning and Support Teachers

Outside Agency Support - <https://headspace.org.au/> & <https://au.reachout.com/>

