LET THE REMOTE LEARNING JOURNEY BEGIN

PREPARING FOR YOUR JOURNEY

PERSONAL PREPARATION
- Practise good hygiene, shower regularly, brush your hair and clean your teeth.
- Dress in comfortable and appropriate clothes - no pyjamas.
- Put your phone out of reach.

WORK SPACE
- Choose a quiet work space that promotes good posture.
- Create a clutter free zone.
- Ensure your device is charged and all equipment needed is ready for your learning.
- Have your tasks for the day visible at all times.
- Try to ensure your work space is exposed to natural light.

SETTING OFF

ROUTINE
- Start your learning at 8.23am with a positive mindset.
- Check the daily announcements.
- Read your emails.
- Review your learning on Google Classroom.
- Set a plan to complete tasks for the day.
- Schedule breaks, preferably outdoors, every 50-60 minutes.

ALONG YOUR JOURNEY

COMMUNICATION
- Be polite and respectful in emails and when interacting online with others.
- Be considerate to others in your household.
- Journal your experiences.

WORKFLOW
- Use your time productively by limiting distractions.
- Submit completed work and assessment tasks.
- Tick off your completed tasks and celebrate.
- Seek specific feedback from your teacher.

HEALTH
- Maintain connections with your sisterhood
- Keep hydrated (8 cups of water a day).
- Eat a variety of nutritious foods.
- Participate in 60 minutes of physical activity every day.

BEST PRACTICES IN LEARNING
- Manage your learning
- Take opportunities to extend your learning.
- Relates to others to enhance your learning.
    - through Zoom meetings or other collaborative activities.

THE CLIMB

CHALLENGES
- Reflect on your strengths, consider your options and do the next right thing.
- Connect with your teachers when you're experiencing challenges with your learning.
- Connect with your homeroom teacher or Year Leader for Pastoral support.
- Practise self care, mindfulness, meditation and gratitude.
- Support others and alert teachers if someone needs additional support.

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