



CHURCHLANDS
SENIOR HIGH SCHOOL

Students Striving For Excellence By Embracing Digital Learning

FOCUS YOUR MIND

- Nutrition! Eat a nutritious breakfast. It can be easy to slip into snacking habits.
- Morning exercise, Start the day with a family walk, walking the dog or riding your bike.
- Check your emails and the notices on SEQTA.
- Use this time to check your timetable and have everything ready for the day's learning activities and note when you are meeting for online lessons.
- During the day you should work according to your timetable, including taking recess and lunch breaks.
- You will also have a short break in between periods. That might be a good time to stand up and stretch.

YOUR SPACE

- Your learning space should be tidy, comfortable and as quiet as possible
- Be respectful of shared spaces
- If using your webcam, sit in front of a blank background, if possible

YOUR CLOTHING

- Dress in neat, casual clothes
- Do not wear pyjamas
- When a class is using video, we encourage students to wear the school top.
- Do not wear tops with inappropriate slogans/ logos or low cut/short tops.

EQUIPMENT

- Remove all distractions
- Have your laptop ready and logged in, charged and/or plugged in.
- Test apps to make sure they are working
- Have a pen and some paper or a pad/book ready
- Use headphones if possible

ETIQUETTE

- Be polite, appropriate and civil in your language online, as you would in person
- When in video calls/meetings, turn off your microphone until required

BE HEALTHY

- Drink at least 2L of water per day
- Take breaks every 45-60 minutes
- Have recess and lunch, eating healthy food
- Get outside and exercise safely

BE PRODUCTIVE

- Manage your time - use it for learning
- Submit all your completed work
- Spend time revising any items you don't understand and ask questions
- Clean up your emails - read and reply

