

# Guidelines ONLINE HOME LEARNING

Secondary

*Learning from home can be a challenge at times, but it's an excellent opportunity to build your capacity and stretch some learning dispositions at home. You've got this!!!*

## STAY UP TO DATE

Check your timetable and Canvas to plan for the day ahead.



### YOUR HEALTH

- Make sure you are eating healthy food and drinking water regularly.
- Take short breaks in between lessons, e.g. a 5 minute walk, 5 minute circuit training, not screen time.

## HOW SHOULD I SET UP MY LEARNING SPACE

### CONNECTION

Make sure your device is charged and connected to Wi-Fi. Follow your timetable and start each lesson with a conference call via Canvas.

### COMFORT

Set up learning space so that it is tidy, comfortable and quiet. Not in your bed or bedroom.

### EQUIPMENT

Have everything you need nearby – pencil case, note books, device, headphones, timetable.

### DRESS

Neat, casual clothes to be worn, no pyjamas.  
Wear a hat when having outdoor time.

### RESPONSIBILITY

Students should be aware of their responsibilities and avoid social media during the school day.

### COMMUNICATING

Check emails and Canvas.  
Email your teachers or mentor if you need assistance.

### ETIQUETTE

Be polite, appropriate and respectful in your language.  
*Matthew 22:37*

## COLLEGE DAILY OPERATING HOURS

### Monday

Period 1	08:40 am - 09:40 am
Assembly[A]	09:40 am - 10:40 am
/Chapel[B]	
Home	10:40 am - 11:00am
Recess	11:00 am - 11:20 am
Period 3	11:20 am - 12:20 pm
Period 4	12:20 pm - 01:20 pm
Lunch	01:20 pm - 02:00 pm
Period 5	02:00 pm - 03:00 pm

### Tuesday – Friday

Home	08:40 am - 09:00 am
Period 1	09:00 am - 10:00 am
Period 2	10:00 am - 11:00 am
Recess	11:00 am - 11:20 am
Period 3	11:20 am - 12:20 pm
Period 4	12:20 pm - 01:20 pm
Lunch	01:20 pm - 02:00 pm
Period 5	02:00 pm - 03:00 pm

