

# Catholic College Sale

## Remote Learning Guidelines

### Setting Up Your Space



Make sure your devices are charged and connected to both power & wifi.



Have water and healthy snacks on hand.



Keep the tools you need – pens, pencils, paper, workbooks, textbooks, ebooks – close by.



Stay comfortable! Elevate your laptop, use a good chair and don't forget to stand up and stretch regularly!



Important: to ensure child safety, you must not video conference from your bedroom. Find a more public room. Please ensure you are wearing school or PE Uniform for any video conferencing.

### Learning Schedule

|                   |                     |
|-------------------|---------------------|
| Pastoral Check In | 8.45 am – 8.55 am   |
| Period 1          | 9.00 am – 9.40 am   |
| Period 2          | 9.45 am – 10.25 am  |
| Recess            | 10.25 am – 10.40 pm |
| Period 3          | 10.40 pm – 11.20 pm |
| Period 4          | 11.25 am – 12.05 pm |
| Period 5          | 12.10 pm – 12.50 pm |
| Lunch             | 12.50 pm - 1.20 pm  |

### 1:20 - 3:20 Consolidation and Organisation

- Complete any outstanding work.
- Summarise notes from lessons.  
(Notes, Posters, Flashcards)
- Email teachers for assistance.
- ZOOM Small group revision sessions.  
(student lead)
- Physical activity and exercise.
- Wellbeing check-in with peers.

### Stay Connected

- Check [SIMON](#) for updates - All lessons will be placed in the Class Notices of each learning area.
- Each lesson join [ZOOM](#) in uniform with your camera on for roll marking and instruction.
- Check [emails](#) regularly.
- ICT support via [SIMON](#) link.
- Wellbeing support via SIMON link for counselling appointments.
- Don't forget to check in with your peers!

### Balance



Regular exercise

Meditation



Check in with others

Have a brain break



Stay hydrated



*Every Student Every Day*