# Student guide to remote learning



**Aspiration - Integrity - Respect - Responsibility** 

#### **ROUTINE**

Follow your **normal timetable**, just as it appears on Compass.



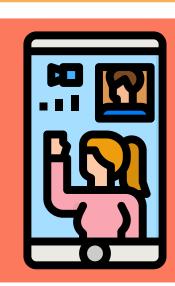
# CONNECT



Go to the class Team and join the meeting that your teacher will open at the beginning of **every** session.

#### **ATTENDANCE**

Your class teacher will mark the roll when you join the Teams meeting every session, including in the afternoon Learning Mentor session.



### COMMUNICATION

Teachers will post work at the beginning of each week as a Remote Learning Task.

Teachers will share important messages with you via the Class Newsfeed on Compass. You can contact your teachers via Teams chat or Compass email.



**REST** 

Take time out for **movement** and a snack break between classes. It is also important to give your eyes a rest from the screen.

# SET GOALS

Set goals for what you need to achieve for each school day. Reward yourself at the end of the day and on weekends by doing some of the things that you enjoy most. Celebrate the small things!



# **DON'T BE AFRAID** TO ASK FOR HELP!



Your teachers are here to help if you need it! You can ask questions when you are in a Teams meeting, using either the microphone or the chat. Outside of a Teams meeting, you can ask for help by sending your teacher a Teams message.