



Digital Learning

OBJECTIVES, EXPECTATIONS AND RESOURCES

TERM 2 2020

Objectives

- ▶ To complete your learning through remote learning platforms. These will be set from the classroom teacher and may include multiple platforms.
- ▶ Complete the learning you would be doing at school, just in a different way.
- ▶ To keep in touch with each other throughout the remote learning time.

Overall Expectations

- ▶ Complete tasks set out in the weekly planner or school timetable.
- ▶ Communicate with teachers via email or Google classroom
- ▶ **REMEMBER- Digital citizenship expectations when communicating online with others.**
- ▶ Teachers will provide a range of activities for you to complete both online and offline (to assist your family with access to devices).
- ▶ If you have any issues please contact classroom teachers via email or your parents can contact through Compass.

Setting up a Workstation

- ▶ Set up a place in your house that only you will work at to ensure you are ready each day.
- Make sure your study area is well stocked with all the essentials- pens, pencils, paper, notebooks, reading material.
- Ensure your chair is appropriate height and you can comfortably sit in it with good posture (see picture to the right).
- Ensure you find a place where you can limit distractions and focus on the task at hand.
- Try and find a place with natural light but make sure it doesn't create a glare on your screen, as this will strain your eyes.
- Ensure you are taking a break at least every hour. This means getting up and stretching or going for a walk around your house or outside.



Ideas To Get Moving

- **You need to be doing at least 30 mins of physical activity a day. Here are some ideas:**
- Go for a walk around your house or outside for 30 mins
- Dance to your favourite music
- Go on a bike ride
- Jump on your trampoline
- Create an obstacle course
- Yoga movements

Weekly Planner/Timetable

- ▶ Aim to complete the activities set for each day on timetable/planner and set timeframes to complete these tasks.
- ▶ Information will be sent to you before **9am each Monday** morning as to grasp what is required for the week.
- ▶ **If you are confused about any task or not sure about something please reach out your classroom teacher via email.**
- ▶ **Teachers will be available for contact during your scheduled classroom time.**



Other resources

- ▶ We all understand this can be a very stressful time. Attached are some resources you can reach out to if you need it. You can ALWAYS contact your classroom teachers/coordinators/Engagement & Wellbeing Leader and we will do the best to support you and your family.



Kids Helpline

5 to 25 year olds. All issues.
Confidential phone counselling
available all day, every day.
Online chat available 8am to
12am EST daily.
They have a chat online also.
1800 55 1800



Beyond Blue

All ages. All issues. Phone
counselling available all day,
every day. Online chat available
3pm to 12am AEST daily.
1300 22 4636



Headspace

eheadspace provides free online
support and counselling to
young people 12 - 25 and their
families and friends.
<https://headspace.org.au/eheadspace/>