

Guidelines for learning from home

Stay connected

Keep in touch with your teacher and classmates during this challenging time. Reach out to your parent, carer or teacher if you need additional help. Login to your Mentor group at least once a week and join in on your horizontal group each Wednesday to stay in touch with what's happening at school.

Set up your workspace

Work in a quiet area, at a desk or table and try to limit distractions.

Your normal routine

Eat breakfast, brush your teeth and get dressed in the morning. Follow your school timetable on [SEQTA](#) and check your emails. Remember you, and your parents, can email your teachers directly from your timetable in SEQTA if you have questions.

[SEQTA – Learn for students](#)

[SEQTA – Engage for parents](#)

Build in fun

Take some time to be creative.

Ask questions

If you don't understand something, ask your teacher or classmates.

Take breaks

Take breaks away from your work. Move around and try not to sit down all day.

Learning online

If you're in a lesson with your teacher, stay focused on the lesson. Avoid reading chats or looking at other tabs.