



Be prepared

- Make sure you have breakfast.
- Set up your learning space.
- Within the first 30 minutes check your Being Well Google Classroom, Subject Google Classrooms, Student Portal, emails and EHS Facebook.
- Make a to do list for the day. Be ready to begin learning.
- Reduce distractions around you.

Learning Space

- Learning space needs to be quiet, tidy and comfortable.
- Does it have natural light?
- Have your laptop charged and ready to go.
- Have books and note pad at hand.
- Use headphones were possible.

Get things done!

- Manage your time effectively, set a routine/timetable.
- Have regular breaks.
- Spend time summarising what you have learnt. Explaining it to someone else in the house.
- Ask your teacher questions through the Google Classroom.
- Avoid distraction like your phone.

Communication to Teachers and School

- **Teachers**—Collaborative day to day classroom conversations happen in Google Classrooms and individual points of confusion or questions specific to issues around their learning is to be communicated through the student and parent portal Application tab <https://web3.erinahigh.schools.nsw.edu.au/portal>
- **Tech Support & Issues**— itsupport@erinahigh.com
- For **Student Wellbeing** Support, access your year group Being Well Google Classroom run by your Year Advisor.
- **Student** who require additional wellbeing support can complete a **Student Wellbeing Self-Referral** on the student portal, Application tab: <https://web3.erinahigh.schools.nsw.edu.au/portal>

Complete the google doc and submit. This is confidential and sent to your Year Advisor and Wellbeing Coordinator only so additional support can be accessed

- **School**—Contact the school 02 43 67 7353 or via email erinahigh.school@det.nsw.edu.au

Stay up to date!



Being Well



- Communicate with family and friends.
- Spend time outside at home; exercise.
- Have a break from devices—read a book, play a board game, listen to music, draw, etc.
- Take a break from the News on TV.
- Do things that make you feel good.
- Learn or do something new.
- Practice mindfulness—meditate.
- If you are feeling down contact your Year Advisor.

REMOTE LEARNING
Online Learning —Google Classroom
Home Learning Packages



ERINA HIGH SCHOOL

<https://erinahigh.schools.nsw.edu.au/>

'For the Fridge'



Additional Support Services

- **Kids Helpline** 1800 55 1800 — 24/7—<https://kidshelpline.com.au/> Call, Webchat, email. Any time. Any reason.
- **Headspace**— <https://headspace.org.au/> Supporting young Australians and their families to be mentally healthy and engaged in their communities.
- **Youth Beyond Blue**— <https://www.beyondblue.org.au/about-us/about-our-work/youthbeyondblue> 1300 22 4636 Call, Chat online, email.

Assessing Learning



Formative Assessment Approach (remotely):

- I. **Students** are assessed 'in-process'; as the learning is being engaged in, completed and submitted.
 - II. **Teachers** check what students know, can do and understand.
 - Teachers assess **all students (7-12)** ability to:
 - I. Communicate and collaborate about learning online or via home learning packages;
 - II. Complete and submit evidence of learning and set tasks.
 - III. Demonstrated evidence of continued effort, diligence and application to remote learning experiences and tasks.
- **Senior Students 11, 12 (ROSA & HSC)**
 - I. a reduction of assessment tasks.

Maintain a balance...

- Take planned breaks at the end of set learning tasks.
- Have snack and lunch breaks.
- Eat health food... Brain Food!
- Drink plenty of water.
- Do regular exercise and physical movement most days, if not every day.
- Stay in touch and connected to your friends.



Learning Etiquette

- Respect yourself, others and the things around you.
- Stay focused and achieve your goals.
- Be an independent learner.
- Offer helping other students.
- Be mindful of others sharing your space.
- Thank your parents/carers for their support.
- Be respectful and kind online.
- Do not exclude others, they might need you.
- Don't post anything inappropriate, offensive or rude.
- Report any cyberbullying to *esafety* and notify the school.
- Think before you type or post.

