

Marist-Sion @ Home

Remote Learning Guidelines 2.0

Setting up your space



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



Have water and healthy snacks on hand.



Keep the tools you need - pens, pencils, paper - 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.

Timetable

Wellbeing task in SIMON	8.00am - 8.55am
Tutor Group / Private Study	8.55am - 9.35am
Lesson 1	9.35am - 10.25am
Recess	10.25am - 10.50am
Lesson 2	10.50am - 11.40am
Lesson 3	11.50am - 12.40pm
Lunch	12.40pm - 1.30pm
Lesson 4	1.30pm - 2.20pm
Lesson 5	2.30pm - 3.20pm

Work Requirements



Check into each lesson for roll marking.



Complete classwork and submit so your teacher can monitor how you are going.



Submit all assessment tasks.

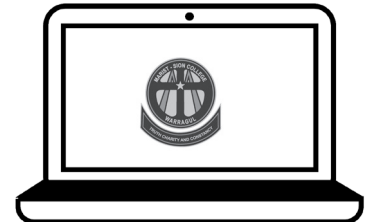
Stay Connected

Check SIMON for updates.

Check emails regularly.

IT Support: itsupport@mscw.vic.edu.au

Wellbeing: wellbeing@mscw.vic.edu.au



Balance



Regular exercise

Meditation



Check in with others

Have a brain break



Stay hydrated