



Remote Learning Reminders and Guidelines

- 1. Establish a routine.** We are all creatures of habit and routines are important to our day-to-day well-being. Get yourself into good habits in terms of waking up on time, getting ready for the day, and eating breakfast before class begins.
- 2. Get plenty of sleep.** Try to go to bed at a reasonable time so you can be up and alert for your 8:00am classes.
- 3. Get dressed and out of your PJs.** Dressing for school (even if you're not in uniform) helps to support the idea that you're in work mode and not leisure mode. As we discussed at our Zoom training the last day we were at school, you do not need to wear uniforms, but you should be dressed appropriately for class, so this means no PJs!
- 4. Create a comfortable and efficient workspace.** Some teachers have commented that students are coming to class from their bed. Whether it's a desk in your bedroom, the kitchen table, or a quiet corner in the living room, having a dedicated space to attend classes and study allows you to have a clear understanding of when it is school time. Please find a place to set up as your workspace.
- 5. Be on time!** Just as it would be when we are in school, it's important that you're on time for your classes. Get in a routine and follow the schedule so you're signed in when class begins.
- 6. Remember what we learned about online etiquette.** As we discussed at our Zoom training, there are a few guidelines you should follow during your in-person classes:
 - Minimize background noise or stay on mute unless called upon
 - Try not to distract others in class
 - Be attentive and responsive when called upon
 - The chat box should only be used to speak to your teacher unless otherwise directed by the teacher.