



# LEARNING AT HOME

## PREPARING FOR LEARNING

### AS A LAIDLEY HIGH STUDENT, FOCUS .....



#### YOUR MIND

- **MAINTAIN A HEALTHY SLEEP ROUTINE.** Go to bed early. Wake up early enough to get ready.
- **SAY GOOD MORNING TO YOUR FAMILY.**
- **GET READY FOR LEARNING.** Have breakfast and get dressed for school before 8:30am.
- **DEVELOP A DAILY WORK PLAN.** Write a to-do list and tick off activities as you do them.



#### YOUR SPACE

- **ORGANISE YOUR LEARNING SPACE.** Keep it tidy, comfortable and as quiet as possible. Work at a desk and chair, not on your bed or the couch.
- **BE RESPECTFUL OF SHARED SPACES.** Let your household know your daily timetable and when you need to avoid noise or unexpected people moving into your space.
- **REMOVE ALL DISTRACTIONS.** Turn off the TV, mobile phone and gaming devices.



#### YOUR EQUIPMENT

- **CHECK YOUR TECHNOLOGY.** Charge your laptop, log in and check the internet works.
- **HAVE YOUR EQUIPMENT READY FOR LEARNING.** Get pen and notepad/paper ready and have headphones ready if required.
- **KEEP YOUR WORK ORGANISED.** Keep your work for each subject organised together.
- **CONFIRM LEARNING PLATFORMS WORK.** Check email, STILE, BKSb and other programs.



#### YOUR TIME

- **MANAGE YOUR TIME.** Keep focused. Use your school and homework time for learning.
- **FOLLOW INSTRUCTION.** Submit work in the format prescribed.
- **MEET DEADLINES.** Keep up to date and submit all your completed work on time.
- **CHECK YOUR EMAILS AND STILE.** Check for instructions and feedback from your teachers.
- **COMMUNICATE WITH YOUR TEACHER.** Ask questions when you don't understand.



#### YOUR HEALTH & WELLBEING

- **KEEP HYDRATED.** Drink at least 2 litres of water per day.
- **TAKE BREAKS AND EAT HEALTHILY.** Take normal school lunch breaks and eat healthy food.
- **EXERCISE DAILY.** Engage in exercise each day. Get up and move around.
- **SEEK HELP.** Find solutions to issues or ask for help if you are having problems.
- **DEVELOP A GROWTH MINDSET.** Practice mindfulness and having a growth mindset daily.