

# BE READY TO LEARN AT HOME



Mansfield State High School Learning@Home

## GETTING ORGANISED

- As much as possible, keep to a routine to start each day.
- Get dressed and have breakfast before sitting down to start learning.



## PREPARING YOUR SPACE



- Your learning space should be tidy, comfortable and as quiet as possible.
- Be respectful of shared spaces.
- Remove all distractions.
- Turn your phone to silent to avoid distractions, or put it in another room.

## GETTING STARTED

- Have your laptop and/or notebooks ready.
- Have headphones ready.
- Log on and open Student SharePoint to start your learning.
- Write a "To Do" list, or use a weekly planner to organise your learning schedule.



## ACTIVELY PARTICIPATE



- Ensure you understand the learning goals for the week.
- Take written notes; this will help you remember important information.
- Ask questions; teachers are still there to assist you.
- Spend time revising any content you are unsure of.
- Be polite and appropriate in your language online, as you would in the classroom.

## BE HEALTHY

- Take brain breaks every 30 minutes.
- Drink at least 2 litres of water per day.
- Have a healthy morning tea and lunch.
- Make sure you have some daily exercise.
- Get some fresh air.
- Spend some time away from your screens.
- Make sure you are getting enough sleep.

