

SETTING GOOD HABITS

LEARNING IN YOUR BUBBLE

BE ORGANISED

- Create a daily learning plan which highlights what lessons you have during the day
- Attend all Google Meet sessions

PRODUCTIVE LEARNING ENVIRONMENT

- Find a space with good lighting that you will use for your learning
- Make sure your space is quiet, comfortable and you are sitting at some form of desk rather than lying on your bed
- Not in your bedroom

EXERCISE

- Plan for active movement during the day
- Attend the BodyFood live sessions every Tue and Thur at 3:45pm through Google Meet
- Yoga, physical exercises and body weights are good options each day

CONNECTION IS KEY

- Be sure to check St Paul's landing page and your emails regularly throughout the day
- Email your teachers or ask questions during you Google Meet for clarification
- Tune into SoulFood everyday at 1:20 pm

MAINTAIN STANDARDS

- When in Google Meet, be in smart casual clothing with no offensive logos
- Google Meet backgrounds should be school appropriate
- Treat your Google Meet classroom the same as you would your normal classroom

CREATE ROUTINES

- Keep a schedule the same as a school day
- Be prepared to begin your school day at 8:00am
- Schedule breaks for morning tea, lunch and some downtime away from your screen

BE MINDFUL

- Maintain contact with your friends and family
- Be mindful of the time being spent on a device
- Limit screen time at night – consider reading a book
- Komodo entry must be done Tue and Thur
- Remember, feeling a range of emotions during this time is normal. Mr Heaton and Mrs Gillanders are available for an online conversation if required

WE CAN HELP YOU

- For IT support please email helpdesk@stpauls.school.nz
- For pastoral support please contact your housemaster in the first instance. You can also contact the wellbeing team at: wellbeing@stpauls.school.nz



St Paul's
COLLEGIATE SCHOOL