



# ST PATRICK'S COLLEGE REMOTE LEARNING



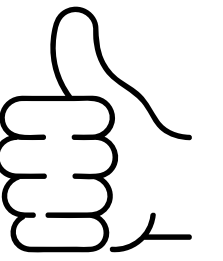
## BE PREPARED



- Make sure you have had breakfast and are dressed for the day
- At 8.45am check CANVAS and emails
- Be ready to begin lessons at 9.00am
- Make a To-Do List in your Diary
- Remove distracting items from your learning space

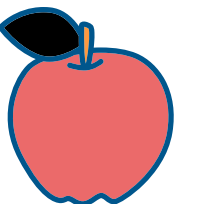
## LEARNING ETIQUETTE

- Be respectful of shared spaces
- Dress in neat, smart casual clothing
- Do not wear pyjamas
- Stay focused
- Be an independent learner



## BE BALANCED AND HEALTHY

- Take planned rest breaks; at the end of timetabled lessons
- Have set recess and lunch times
- Eat healthy food
- Drink plenty of water

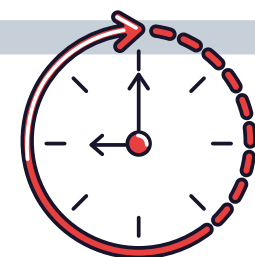


## WELLBEING

- Communicate with your family and friends
- Spend time outside - go for a walk, practise your skills
- Have a break from your devices e.g read a book, listen to a podcast
- If you are feeling anxious, email your relevant year group Counsellor



## BE PRODUCTIVE



- Manage your time effectively for productive learning
- Spend time revising and reviewing what you have learnt
- Communicate questions to your teacher or Faculty Leader using CANVAS

## SUPPORT

- For SPC account login issues contact: [login@spc.nsw.edu.au](mailto:login@spc.nsw.edu.au)
- For academic support contact your teacher, Faculty Leader or Mrs Lombardo
- For wellbeing support contact your Homeroom teacher, Year Coordinator or Counsellor

