



SETTING UP YOUR SPACE



Make sure your devices are charged and connected to both power & wifi.



Have water and healthy snacks on hand.



Keep the tools you need close by - pens, pencils paper.



Set up your work space, a public room is best. Elevate your laptop, use a good chair and don't forget to stand up and stretch regularly. Stay comfortable!

STAYING CONNECTED DAILY



Check Google Classroom for learning materials



Check SEQTA Learn for updates & grades



Check Emails for communication



IT Support: IT_support@shc.sa.edu.au

DAILY LEARNING SCHEDULE

	Champagnat Campus (Years 7 - 9)	Marcellin Campus (Years 10 - 12)
9.00am - 9.15am	HOMEROOM	HOMEROOM
9.30am - 10.00am	Block 1A	Block 1
10.00am - 10.30am	Block 1B	
10.30am - 11.00am	RECESS	RECESS
11.00am - 11.30am	Block 2A	Block 2
11.30am - 12.00pm	Block 2B	
12.15pm - 12.45pm	Block 3A	Block 3
12.45pm - 1.15pm	Block 3B	
1.15pm - 2.00pm	LUNCH	LUNCH
2.00pm - 2.30pm	Block 4A	Block 4
2.30pm - 3.00pm	Block 4B	

MENTAL HEALTH



DIET

Maintain a healthy diet and drink water throughout the day.



DEVICES

Spend time offline. Disconnect from your phone, game consoles and unnecessary devices during school hours.



EXERCISE

Keep moving! It's important for mental & physical health.



MINDFULNESS & PRAYER

All you need for your daily reflection.

LEARNER CHARACTERISTICS AT HOME



Be **COURAGEOUS** - step out of your comfort zone & learn a new skill

(e.g. a musical instrument, a dance routine, a new language)



Be **CURIOUS** - embrace your sense of wonder & create a challenge for yourself

(e.g. watch a documentary, google life hacks & test a theory)



Be **RELATIONAL** - start a conversation & connect with a friend or family member

(e.g. use social media, FaceTime, Skype or phone. If appropriate, leave a friendly note for your neighbour)



Be **RESPONSIBLE** - take initiative & make a contribution

(e.g. cook a meal for your family, vacuum the house, walk the dog, weed the garden or do a load of washing)

