



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

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 **CURIOS** - 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)



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)

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.

DAILY LEARNING TIMETABLE

	Champagnat Campus (Year 9)
8.35am - 8.55am	HOMEROOM
8.55am - 9.05am	BREAK
9.05am - 9.35am	Block 1A
9.35am - 9.45am	TRANSITION
9.45am - 10.15am	Block 1B
10.15am - 10.40am	RECESS
10.40am - 11.15am	Block 2A
11.15am - 11.20am	TRANSITION
11.20am - 11.55pm	Block 2B
11.55pm - 12.05pm	TRANSITION
12.05pm - 12.35pm	Block 3A
12.35pm - 12.45pm	TRANSITION
12.45pm - 1.15pm	Block 3B
1.15pm - 2.00pm	LUNCH
2.00pm - 2.35pm	Block 4A
2.35pm - 2.45pm	TRANSITION
2.45pm - 3.20pm	Block 4B

	Marcellin Campus (Years 10 & 11)
8.45am - 8.55am	HOMEROOM
8.55am - 9.05am	BREAK
9.05am - 10.20am	Lesson 1
10.20am - 10.45am	RECESS
10.45am - 11.55am	Lesson 2
11.55am - 12.10pm	TRANSITION
12.10pm - 1.20pm	Lesson 3
1.20pm - 2.10pm	LUNCH
2.10pm - 3.30pm	Lesson 4

