Remote learning guidelines for students and parents

Stay connected

Workspace
Work in a quiet area, at a desk or table and try to limit distractions.

Focus
During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.

Your normal routine
Eat breakfast, brush your teeth and get dressed in the morning.

Ask questions
If you don't understand something, ask your teacher or classmates online.

Use classroom language
Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.

Take breaks
Take breaks away from screen. Move around and try not to sit all day.