



Expectations of a St Pauls Remote Learner:

- This is a continuation of learning - **You** are accountable for your learning.
- Attend every lesson - A class role will be marked every lesson.
- You are NOT required to wear your school uniform, but you should wear appropriate casual clothing.
- Be aware that records of engagement through submission of class tasks & participation in lessons will be kept by your teacher. This will be used to help assess your grades.
- You must complete all work set by your teachers. If you are not meeting the requirements of your learning you and your parents will be contacted.
- You must check Compass & Google Classroom regularly.
- It is your responsibility to contact your teacher if you can not access any work set.

Remote Learning: Term 3

- A class roll will be marked every lesson. If you are not online you will be marked absent.
- Check your Compass Notices each morning before Period 1.
- Remember, Homeroom is now after Period 2 at 9.45am.
- In your Student Diary - fill in the subjects for that day (you can do this a week ahead).
- Your daily schedule will follow your normal school timetable but the times are different.
- Check Compass for any updates on your timetable (e.g. change of electives).

8.35am - 9.05am	Period 1	<ul style="list-style-type: none"> • Interaction with your class teacher via Zoom. • Your class teacher will be online in a variety of capacities to instruct, clarify & guide your learning. • <u>Your online lesson time is 30min</u> • You have a short break between periods to get yourself ready. • Make sure you get up & move around during breaks, especially during the longer 30min breaks. • <u>Independent Learning Time</u> - during this time you will be able to; research, finish or submit work, do revision, contact your teachers for assistance, review feedback from your teachers, check-in with your Learning Mentor.
9.15am - 9.45am	Period 2	
9.45am - 10.00am	Mentor Group	
BREAK		
10.30am - 11.00am	Period 3	
11.15am - 11.45am	Period 4	
BREAK		
12.15pm - 12.45pm	Period 5	
BREAK		
1.15pm - 3.00pm	Independent Learning Time	

Your Lessons - Information

- All lessons will be conducted via Zoom.
- Your teachers will be available during the timetabled lesson or during the Independent Learning Time. You can contact them via Google Classroom or Email.
- Contact with your teachers can only occur between 8.30am and 3.00pm.
- You should advise your Subject Teacher (or Teacher Assistant) if you are finding the work challenging or require further support.
- Thursday will still only have [3] three periods. During Sports Time - you are encouraged to undertake appropriate exercise or wellbeing activities.
- You can contact the College Office on 88683700 for IT device support.

Wellbeing:

- There will be a zoom meeting with your Learning Mentor each day during Homeroom (9.45am - 10.00am). This is compulsory.
- Thursday's sports periods will be a wellbeing break.
- If at any time you feel that you need support, please contact your Learning Mentor or LOL House.

Useful Websites

Below are some websites that you can view to support your learning and wellbeing.

St Pauls Wellbeing Site - includes a 'Coronacare' page

<https://sites.google.com/parra.catholic.edu.au/wellbeingstpauls/home>

Kids Helpline

<https://kidshelpline.com.au/coronavirus>

Youth Beyond Blue

<https://www.youthbeyondblue.com/>



Reach Out - How to deal with uncertainty during coronavirus

<https://au.reachout.com/articles/how-to-deal-with-uncertainty-during-coronavirus>

YouTube - How I stay focused - 10 tips for Focusing Study

<https://www.youtube.com/watch?v=Z1UaU6O59tg&t=223s>

Wellbeing - How mindfulness can help during the Coronavirus outbreak

<https://www.beyondblue.org.au/personal-best/pillar/wellbeing/how-mindfulness-can-help-during-the-coronavirus-outbreak>

YouTube - Face COVID - how to respond effectively to Coronavirus

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Headspace Article - Coping with COVID-19 Stress

<https://headspace.org.au/assets/Uploads/headspace-Fact-Sheet-Coping-with-COVID-19-Stress-v1.pdf>

TED talk by Guy Winch, Psychologist

<https://ideas.ted.com/dear-guy-im-incredibly-anxious-about-coronavirus-what-can-i-do/>