



23 March 2020

Dear Students and Parents

The ongoing education of our students is of utmost importance to us. In these unprecedented times we are putting in place some structures for your learning off campus.

What is your day going to look like?

- Check Simon for announcements every morning.
- At the start of each timetabled class, check to see what the teacher has planned for your lesson.
- Communicate with your teacher about how you are progressing via email or Google Classroom.
- Create a regular and safe space for you to study. Your bedroom is not the best place for this. A study, dining/kitchen table might be good for that.
- You do not have to be in uniform but if you are Zooming in real time, dress appropriately. Do not Zoom from your bedroom.
- Any comment you make online will be recorded and kept, so ensure that any communication is appropriate.
- Inappropriate behaviour online will be followed up by your teacher.
- Structure your day according to your timetable. Have the normal breaks you would have and try to be active in your house. Help with some housework! Keep a routine. Eat healthy meals and snack regularly.
- Don't be distracted by social media. We want you to stay connected with your friends, but do it in your break times and "after school".
- Keep communications with your Pastoral teacher. Check in and check out every day. Just a "Hi" to say you are ok.

We understand that motivation might become an issue in the on-line learning space. We will be monitoring the academic progress of our students.

These are difficult times and we would like to make sure that you are coping well with this new structure. Let us know if you are feeling anxious. The Wellbeing team are only an email away.

We thank you for your ongoing support.

Regards

The College Wellbeing Team