

## LEARNING FROM HOME– For Parents and Students of P-3

- Wake up at the time you would if you were attending school (preferably before 8:00am)
- Complete some form of exercise
- Enjoy a full and healthy breakfast
- Parents – please try and check your email by 8:30 in the morning
- Students - log into Class Dojo by 8:45 in the morning for your daily online lesson

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### YOUR LEARNING SPACE

- Your learning space should be tidy, comfortable and as quiet as possible
- Always be respectful of any shared spaces in your house.

### YOUR CLOTHING and POSTURE

- Dress in neat casual clothes when completing work
- Sit at a table and use a chair. Remember to sit up straight

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### YOUR EQUIPMENT

- Ensure your device is ready and logged in
- Test all apps and internet platforms required to make sure they are working
- Have your equipment ready, eg: pencil, book
- Use headphones if necessary
- Remove any other distractions
- Make sure you charge your device at the end of the day

### YOUR BEHAVIOUR

- Be polite, appropriate and respectful in any language you use on line just as you would in person
- If sending an email to a teacher, write it with an appropriate greeting and with correct language, grammar and spelling.
- Only use school eq email address when contacting school staff

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### BEING PRODUCTIVE and HEALTHY

- Manage your time efficiently – check your Daily Timetable or Weekly Plan
- If you get stuck, ask your parent/carer for help. If they are stuck, ask them to either message your teacher on Dojo, or email your teacher; Work on something else while you wait for an answer
- Complete any set work as required and hand it in using the correct methods
- Look for opportunities to be healthy
- Make sure you drink water throughout the day
- Have a 15 minute break for every 30 minutes of work
- Have a healthy morning tea and lunch at the same time each day

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- For all IT support contact: [learningfromhome@earnshaw.eq.edu.au](mailto:learningfromhome@earnshaw.eq.edu.au)