

Learning @ home



tips...

Your teachers have designed an exciting programme for you to do on your own at home. You will be reading, writing and solving maths problems. You'll be doing investigations for science, physical activities, making and listening to music and more. It will be fun and your teachers will help you!

Your teachers will look after you

Your teachers are available from 8.30am to 4pm Monday to Friday. You have the option to message your teachers through Seesaw comments and talk to them via Google Meets. Your parents can email your teacher when they have questions too.

Your teacher will plan your daily learning and activities and will make sure that your learning and wellbeing needs are met. Your teacher will connect with you virtually on a regular basis to make sure you are OK, to help you and to get your feedback.

Daily Plan

You will be sent a daily learning menu of online and offline activities by 9am each day. You will self-manage completing these activities. You can choose when to complete your learning each day, but it is good to make a timetable of when you plan to do things. Here is an example of what your day may look like:

Start of Day
Music lesson or Yoga practice
Reading & activities
Writing & activities
~~~~~ <b>Morning tea</b> ~~~~~
<b>Maths &amp; activities</b>
~~~~~ <b>Lunch</b> ~~~~~
PE lesson
Art and Topic activities

Book work – take a picture of your completed book work and upload it to Seesaw for your teacher to see. Your teacher will be commenting on your work and giving specific feedback.

My learning space and managing myself

- ❖ It is good to have a routine. In the morning eat breakfast, get dressed and brush your teeth. Plan your day with Mum, Dad or your caregiver. You don't have to wear your uniform!
- ❖ Find a space to work, like the dining table or the kitchen bench.
- ❖ Resources: have your device ready and pens and paper are always good to have on hand. Have your drink bottle close by and drink water regularly. Remember to eat well during your breaks.
- ❖ Move regularly e.g. look away from your screen, stand up and stretch, take a walk around the house, do some dance moves, go outside and run around, do a cartwheel!



Visible Wellbeing 3's
 3 positives at the end of the day
 3 things you've learnt today
 3 things you wonder about