

Marsden Remote Learning



Tips for staying

ENGAGED, ORGANISED, FOCUSED AND HAPPY

Creating a workspace that works

You may have a space to yourself or you may be sharing. Either way, it helps to be organised. If you are alone in your room, come out and talk to people – often!

Have your books / resources and writing materials on hand for each block of learning time, just as you would at school.

Have your device charged and ready to go.

Have your headphones nearby for video-conferencing.

Have a drink bottle handy.

Developing good habits

Be dressed and ready to start your school work at 8.30am.

Make a plan for the day.

Dress appropriately for synchronous classes (school mufti is fine). This is not a time for eating!

Stick to your timetable (8.30am–3.30pm – with a couple of good breaks). Use your breaks to eat something healthy.

Managing your timetable

Your learning will be both **synchronous** (scheduled live lessons on Google Meet) and **asynchronous** (accessing learning programmes created by your teachers online). Build in some asynchronous time for all your subjects around your synchronous lessons. It doesn't matter when you do your asynchronous lessons but make sure you do a bit of everything over the week. Your learning will include a range of learning styles – writing, listening, speaking, sharing, creating and being active – just as it is at school. Plan your day and share with your parents.

Managing your devices

Make the decision to stay off social media during 'class time'. It's a distraction! Save it for your down time.

Here are some handy hints for helping you self regulate:

- ▶ Go into notification settings on all your devices – smartphones, tablets, desktops and laptops – and turn everything off that's not essential.
- ▶ Go into **settings>screen time>app limit** to set your phone to limit the amount of time you can spend on one app in a day.

Music is fine if you are used to working while listening but make sure you also enjoy some quiet time without it.

Organise your day so that you have large chunks of time OFF your devices.

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Staying Healthy

Stay connected with your teachers; it's important. Your form teacher or tutor and class teachers will be checking in with you daily. Make sure you tune in. Taking part in a live classroom through synchronous learning will help you make sense of your work and catch up with your classmates.

Plan your day so you have a bit of everything. Bingeing of any sort (e.g. social media, online games, Netflix) isn't great for your physical or mental health, so keep your day varied.

Get outside each day. Wellington is sure to provide lots of fresh air!

Exercise! There are all sorts of fun home exercise options. Your PE teachers will set you some fun challenges. Check out Youtube or your television for some great offerings.

Getting creative

This is a great opportunity for finding different ways of doing things you enjoy. Can't sing in the choir? Discover ways of singing together online. Try a new skill – grow something, build something, make something, write something. Nurture your talents! For those of you working on a project for school, this is a fantastic opportunity to give it dedicated time.

Needing some extra support?

You can email your teachers, Clinical Psychologist kerry.schiff@marsden.school.nz, Counsellor sophie.bank@marsden.school.nz or Chaplain sarah.king@marsden.school.nz if you need some extra support

Share the cool things you are doing!

You will be able to share the great things you are doing on 'Marsden Kind' www.marsden.school.nz/about/remote-learning/remote-learning-in-action/ and if you have a great story about your learning or the activities you are doing at home please email them with a photo/video to inge.doig@marsden.school.nz and juliette.rickman@marsden.school.nz We really want to share what is happening at Marsden!