Thriving in an Online Learning Environment

Student Shape of the Day

We highly recommend that families follow this learning schedule for students in Years 7 - 9 in Weeks 9 and 10 of Term 1.

All courses have coordinators who will provide a package of work in Canvas at the start of each week. Students will be invited periodically to engage with their class teacher in live streamed class check ins. Students will be expected to complete work and submit it for their teacher’s feedback. Heads of Houses remain the first point of contact for students and parents for all pastoral and academic concerns.

Sessions before lunch are principally times where students can catch up with their teachers and class. It is important that students are not on their device for the entire day.

We suggest if students have tasks that do not require a screen, that they schedule these for after lunch.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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| 7:30am – 8:20am | Morning Routine  
  Establish a good morning routine that includes breakfast |
| 8:30am      | Academic Set Up  
  • Complete Roll Call  
  • Check your learning schedule for the week (see Canvas dashboard)  
  • See what live streaming (Teams) meetings you have today  
  • Do I have anything to submit today? |
| 9:00am      | Morning Session 1 - Academic Time  
  • Complete set work as set in the Canvas announcements  
  • You may be required to attend a live streamed (Teams) meeting at this time |
| 9:30am      | Morning Session 2 - Academic Time  
  • Complete set work as set in the Canvas announcements  
  • You may be required to attend a live streamed (Teams) meeting at this time |
| 10:00am – 10:30am | Complete set work as set in the Canvas announcements |
| 10:30am – 11:00am | Break  
  • Take a break from your screen, including social media |
| 11:00am     | Morning Session 3 - Academic Time  
  • Complete set work as set in the Canvas announcements  
  • You may be required to attend a live streamed (Teams) meeting at this time |
| 11:30am     | Morning Session 4 - Academic Time  
  • Complete set work as set in the Canvas announcements  
  • You may be required to attend a live streamed (Teams) meeting at this time  
  • Should a student not have a House meeting they can work through to 12:30pm consolidating any work that has arisen from the first four morning sessions |
| 12:00pm – 12:30pm | House Meetings  
  (Mondays, Wednesdays and Fridays)  
  • Mondays - Year 7, 10 House meeting  
  • Wednesdays - Year 8, 11 House meeting  
  • Fridays - Year 9, 12 House meeting |
| 12:00pm – 12:30pm | Connect Time  
  (Tuesdays and Thursdays)  
  • Go to Canvas and open the Student Connect Hub  
  • Check in with your classmates via the Student Connect Hub on Canvas |
| 12:30pm – 1:30pm | Lunch Break  
  • Prepare something healthy for lunch  
  • Take a break from your screen, including social media |
| 1:30pm - 3:30pm | Afternoon Session 1 - Consolidation Time  
  • This is the time to work on tasks that have been set in Canvas  
  • Make sure you have completed work you need to get done for learning tomorrow  
  • If you have questions communicate these with your teacher through Teams |
| 3:30pm – 4:30pm | Afternoon Session 2 - Device-Free Time  
  • Check out the suggested sport activities and exercises (from Week 10)  
  • You could practise your musical instrument here  
  • Continue to work on longer term project work or creative pursuits  
  • Read a set school novel or book of your choice |
| 6:30pm onwards | Dinner  
  • Free time or continue working |
Your Canvas Dashboard

Your Canvas dashboard will be switched over to an online learning planner. Every morning at 8:30am, you will be asked to check-in to this dashboard and review the following:

- How are you progressing with the assigned work for the week?
- Do you have any upcoming live streamed (Teams) meetings (video meetings with your class)?
- Do you have any tasks that need to be submitted online?
- Do you have any feedback from your teacher that you need to read?

This is what it looks like:

- The red dot means you have an unread announcement.
- Each announcement will tell you the work that you need to complete for the week and might direct you to work in Canvas, OneNote, EdPerfect, or other a sire
- You can tick each item when you complete the work for that subject.

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