

Guidelines for Students when Learning from Home

- Learning from home will be very different than what your experience is now
- You are not expected to be online at the same time your classes would normally be scheduled in the timetable. Your work will be posted by teachers when they can and you will be given time to complete it, working at your own pace
- Make a schedule so you know what your days and weeks will look like – do something everyday so you can stay up to date with your learning
- Keeping a routine is good for momentum and mental wellbeing. Think about:
 - When you can work
 - What other responsibilities you might have to take into account
 - Your access to devices and the internet
 - Time to take breaks and exercise/get fresh air
- Stay connected to your teachers and classmates by checking in and completing tasks when required
- Contact your teachers if you are uncertain of the work you are meant to do
- This is a good opportunity for you to demonstrate self-management
- Do not stress yourself out about NCEA – provisions will be put in place to accommodate this. All students will be in the same situation across the country and NZQA will provide us with guidelines around this
- Make sure you are checking your school email and Year level google classroom for any updates from the school as they come available

Remember the reason this is happening is for everyone's safety. Please heed to advice of the government, stay at home, practice social distancing and connect with your friends online and through video calls rather than in person.