

Remote learning guidelines for students and parents



Stay connected



Workspace

Work in a quiet area, at a desk or table and try to limit distractions.



Focus

During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.



Your normal routine

Eat breakfast, brush your teeth and get dressed in the morning.



Ask questions

If you don't understand something, ask your teacher or classmates online.



Use classroom language

Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.



Take breaks

Take breaks away from screen. Move around and try not to sit all day.

