

Remote learning guidelines for students and parents



Stay connected



Ask questions



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

Workspace



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

Use classroom language



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

Focus



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

Take breaks



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

Your normal routine



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