



8 Top Tips Remote Learning for Students



1

Treat remote learning the same as classroom learning

Remember that the same rules apply at home as in the classroom, especially with regard to your behaviour and conduct. Stay focused on your learning and avoid distractions.

2

Take regular screen breaks

Take regular screen breaks during the day and in your spare time. These are opportunities to do something away from your computer, preferably outdoors.

3

Only communicate with school using SEQTA

Only use the School's remote learning platform, SEQTA, or your school email account to send messages, images or questions.

4

Try not to have personal conversations via SEQTA

Remember to keep your school and personal conversations separate. Do not send personal messages or images via SEQTA or your school email.

5

Use classroom language

Do not use shorthand or text speak in your remote learning communications. Write as you would speak in class. Remember to be respectful and polite at all times.

6

Always hold video learning in an open space

To get the most from your remote learning, set up a school desk in an open space at home so that your parents can supervise you.

7

Don't share your passwords or sensitive information

You have been provided with a password to access your school email account and SEQTA for remote learning. Always keep your passwords and details safe and never share them with anyone.

8

Look after your mental health and wellbeing

Remote learning means that you are working alone, and you may miss your daily interactions with your friends and teachers. If you are feeling frustrated, sad or lonely, please talk to your parents, your Mentor, a teacher or your Head of House. They are all there to help you.

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