

# CONTINUOUS LEARNING EXPERIENCE

*WHEREVER YOU ARE, AS AN ALEXANDRIA PARK STUDENT,  
LEARNING FROM HOME OR LEARNING AT SCHOOL,  
FOCUS...*

## YOUR MIND

- Wake up with enough time to get ready and have breakfast before 8.40am check in.
- Say good morning to your house-mates.
- At 8.40am login to Google Classrooms or take out your Learning from Home package and know what you need to do for the day. Experiencing problems? Post a question on Stream or call the school.
- Write a To Do list and tick off activities as you do them.

## YOUR SPACE

- Your learning space should be tidy, comfortable and as quiet as possible.
- Be respectful of shared spaces if other family members are learning or working from home.




## YOUR CLOTHING

- Dress in neat, casual clothes.
- Do not wear pyjamas.

## YOUR EQUIPMENT

- Have your device charged and logged in; have a pen and notepaper for brainstorming & working out OR have your Learning from Home package, pens and notebook ready.
- Use headphones if possible.
- Remove all distractions while you are learning - especially social media. Apps for your phone such as Forest or Cold Turkey can help you.

## YOUR RESPECTFUL LEARNING

- Be respectful and appropriate in your language online or in the school classroom.
- If you are invited to a Google Hangout Meet, turn off your microphone until required. Ask a question by using the  **Chat** function.
- Turn your phone to silent and use the Forest or Cold Turkey app to avoid distraction.

## YOUR HEALTH

- Drink at least 2L of water per day
- Take breaks every 45-60 minutes by getting up out of your chair and walking around - do arm swings, neck & shoulder rolls, step outside into the fresh air.
- Have recess and lunch at similar times each day. Eat healthy food - try lots of different coloured foods.
- Engage in some exercise each day - 30 minutes of cardio or dynamic stretching is a good place to start.
- Practise mindfulness at least once a day.

## YOUR TIME

- Manage your time - use it for learning.
- Submit the work listed in 'Assignments' in your Google Classroom or return your fortnightly Home Learning package to APCS.
- Spend time revising any items you don't understand and ask questions (you can ask yourself questions; post a question on Google Classroom or you can contact your teacher).

For Learning from Home support please contact APCS via phone 9698 1967  
or email [alexparkcs-c.school@det.nsw.edu.au](mailto:alexparkcs-c.school@det.nsw.edu.au)

We will put you in touch with your Year Advisor or Class Teacher