

Remote Teaching and Learning

Student Presentation

You are braver than you believe

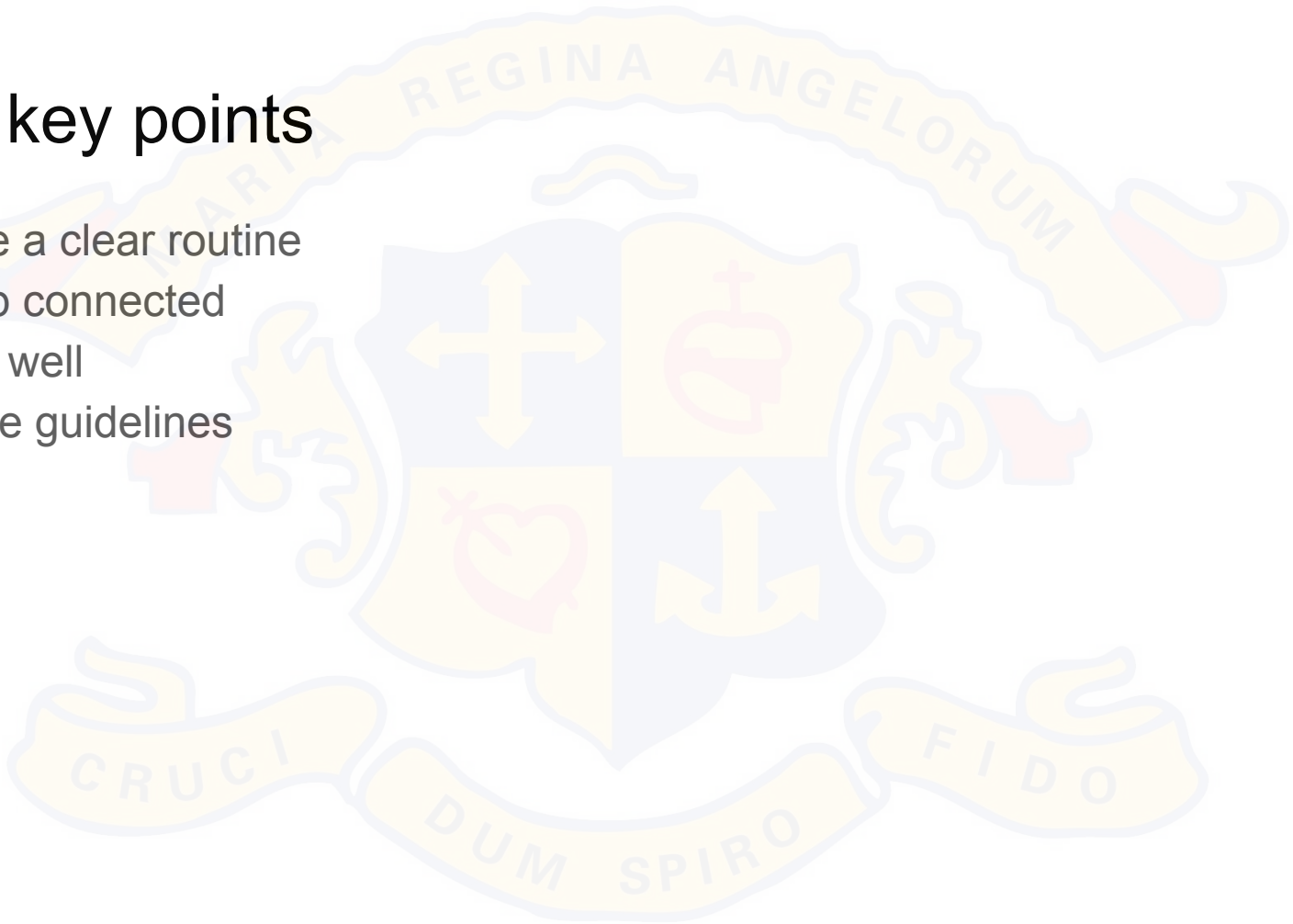
Stronger than you seem

Smarter than you think

& Loved more than you know

A few key points

- Have a clear routine
- Keep connected
- Stay well
- Some guidelines



Have a Clear Routine and Stay Well

- Keep a routine as much as you can. This means get up the same time, go bed the same time, as if you were in school.
- Get a good bedtime routine and reduce blue light/screen use and caffeine/sugar intake before you go to bed, this can help you sleep better.
- Shower and get dressed, ready for the school day. This will help you feel refreshed and ready to start the day.
- Take breaks and get some fresh air (while practising social distancing and within 5km radius of your home). Exercise has been shown to have a positive impact on mental health.

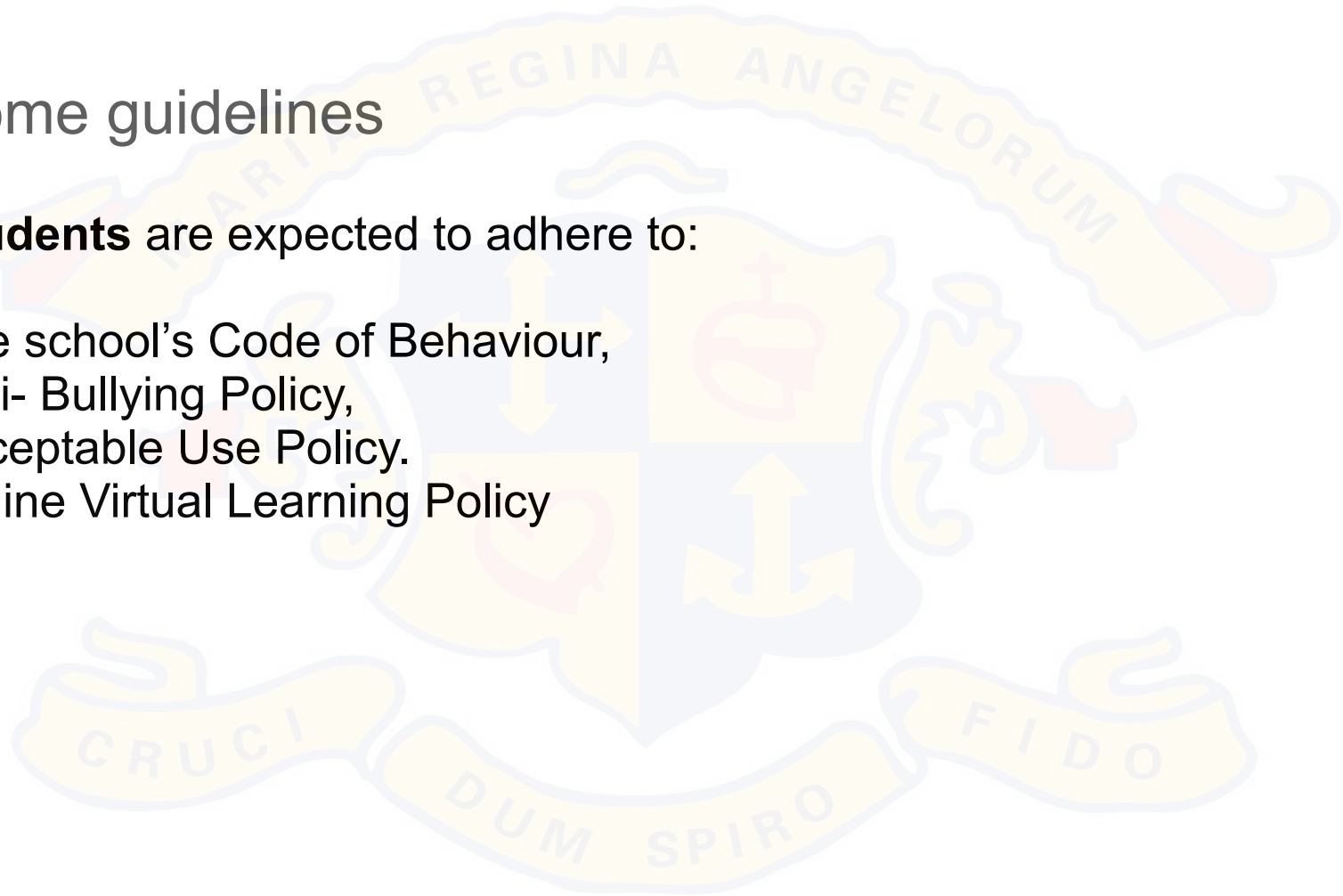
Have a Clear Routine

- The normal school calendar and timetable will apply.
- One day a week will be designated as a Google Meet/Zoom free day. (Wednesday)
- Tutor time will take place once a week on a Monday and Assembly on a Thursday at 8:30am
- Teachers, when working remotely, will on most occasions, try to communicate online during normal working hours and will endeavour not to communicate with students outside of these hours. However, teachers may have to send material/ assignments outside of regular school opening hours. In this instance there is no expectation on the student to respond or begin work at the time it is received. Likewise, there is never an expectation on the teacher to have to correct or comment on work sent on outside of normal school hours.

Some guidelines

Students are expected to adhere to:

The school's Code of Behaviour,
Anti- Bullying Policy,
Acceptable Use Policy.
Online Virtual Learning Policy



Some guidelines

- Work in a suitable learning environment - a quiet space, at a desk/table, with no distractions;
- Log on to classes on time;
- In all cases students must only use their @loretothegreen.ie account as the login;
- Be suitably dressed for class
- Follow the direction of your teacher just as in the classroom;
- Turn your camera on for class unless they have an agreement with the SEN or Pastoral Team and/or Year Head;
- Do not record classes at any time;
- Turn microphone off unless called on by the teacher;
- Do not take screenshots or photos of others;

Some guidelines

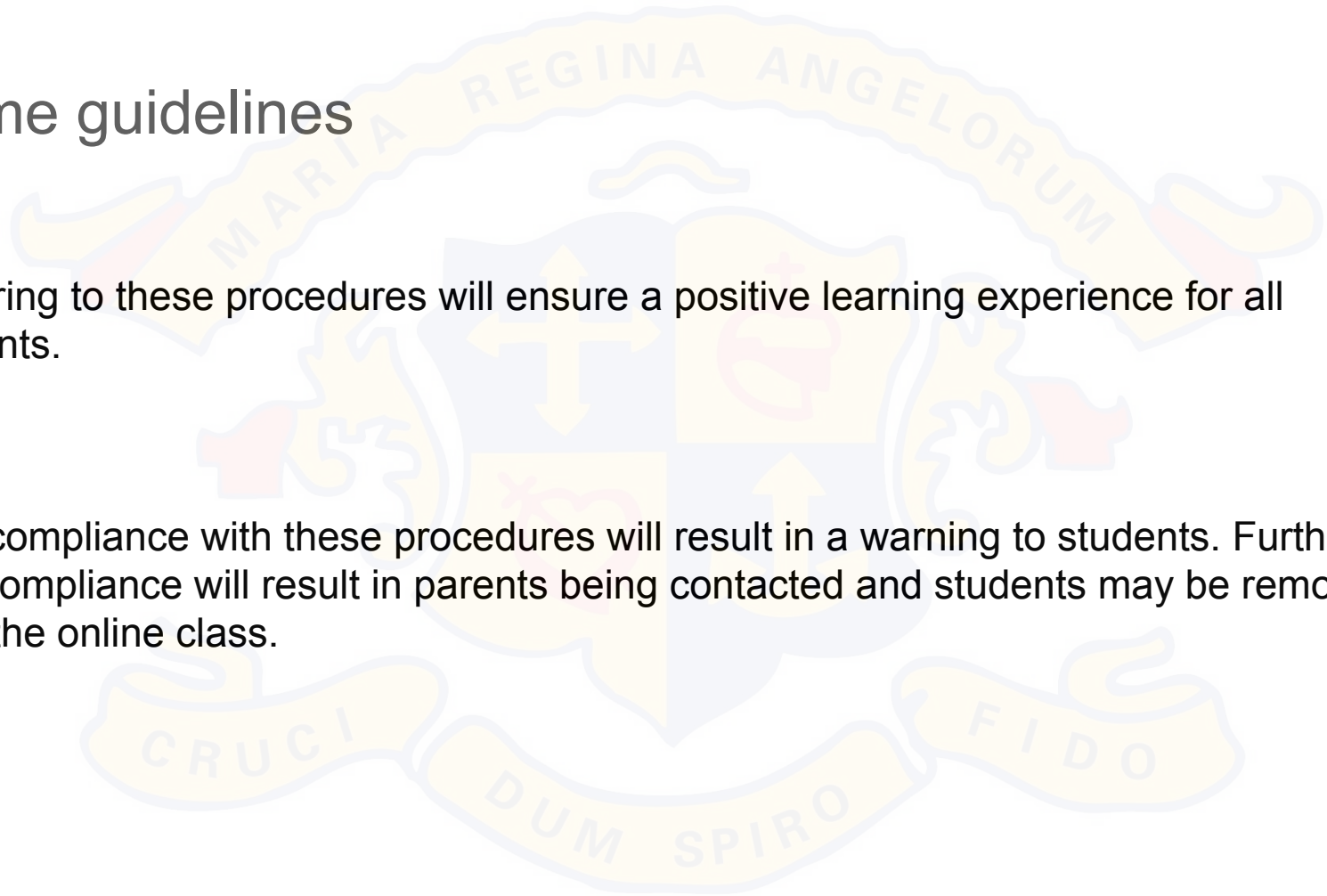
- Respect the views of everyone online;
- Use appropriate 'classroom' language when speaking online;
- Be adequately prepared for each class - this includes having the correct textbooks, completed homework assignments, and any relevant materials;
- Communicate with teachers using the given platform and during school hours only;
- Log in to Google classroom and emails every day to check for updates from teachers;
- Do not use your mobile phone other than to join online classes

Teaching and Learning best practice will continue to apply with students expected to present all assignments to the best of their ability and on time.

Some guidelines

Adhering to these procedures will ensure a positive learning experience for all students.

Non-compliance with these procedures will result in a warning to students. Further non-compliance will result in parents being contacted and students may be removed from the online class.



Stay well

- **Don't be too hard on yourself** if you're not as productive as you might have been, reach out and ask for help.
- **Stay in contact** with your teachers, particularly if you are struggling with the content or workload.
- **Reach out** if you're not feeling okay. Your tutors, Year Heads and all the Pastoral team are here to support you.
- **Stay connected** with friends and family, look out for each other. Stay connected while staying apart.
- **Limit your social media use** – spending too much time scrolling could lead to increased anxiety.
- **Eat as healthy as you can.** Eating well and staying hydrated can help with your mental health.
- Get a **good bedtime routine.**
- Get some **fresh air and exercise** every day.

Pastoral Team



Mock Exams - Survey

Possible Options: A survey will be sent to all teachers today

- 1.No mocks
- 2.Mocks as per scheduled timetable at home. Suspension of online classes.
- 3.Mocks optional at home in own time while online classes continue-
complete all 7
- 4.Mocks optional at home in own time while online classes continue -
complete a selection of exams
- 5.Wait until resumption of in school teaching

Any other suggestions welcome