



Setting up your space



Make sure your devices are charged and connected to both power & wifi.



Have water and healthy snacks on hand.



Keep the tools you need close by - pens, pencils paper.



Set up your work space, a public room is best. Elevate your laptop, use a good chair and don't forget to stand up and stretch regularly. Stay comfortable!

Daily online learning schedule

TIME/ LESSON	MON	TUES	WED	THURS	FRI
PC 8.45am	Check in on TEAMS and Class Prayer				
Lesson 1 9.00am	English Block - Stay on TEAMS				
10.30am	Morning Break				
Lesson 2 11.00am	Mathematics Block - Start on TEAMS				
Lesson 3	Continue with Integrated Studies - HASS, Science, Religion, Health/Electives, work on SEQTA				
1.15pm	Lunch				
Lesson 4 2.00pm	2.00pm check in on TEAMS - <i>optional</i> Electives – PE, Italian, Music, Technology/Integrated Studies				
3.15pm	School finish				

Staying connected daily



Check your class/subject/PC Team for learning materials.



Check SEQTA Learn for updates and grades.



Log onto PC Team by 8.45am for prayer and attendance.



IT Support:
icare@rostrevor.sa.edu.au



If you are unwell and can't get online please ask your parent to email your class teacher to record your absence.

Mental health



Diet

Maintain a healthy diet and drink water throughout the day.



Devices

Spend time offline. Disconnect from your phone, game consoles and unnecessary devices during school hours.



Exercise

Keep moving! It's important for mental and physical health.



Mindfulness & prayer

All you need for your daily reflection.



Stay connected

Start a conversation & connect with a friend or family member.



Take responsibility

Vacuum the house, walk the dog or offer to cook dinner.

Mental health support