



Student Guide to ONLINE CLASSROOM ETIQUETTE

	Get up early as if it was a normal school day.
	Plan a timeline for your day - Online classes / Breaks / Exercise / Study / Finish Up.
	Choose a quiet, comfortable workspace where there will be least disruption.
	Organise your books, stationary, technology for the day ahead. Charge up your technology the night before.
	Apply school rules during school hours. Stay off social media/messaging when you are studying or in your online classroom.
	Be aware: A Healthy Body = A Healthy Mind. Eat healthily and at regular times.
	Keep hydrated - drink plenty of water.
	Talk to your friends if something is bothering you.
	Try activities such as exercise / mediation / yoga to help to de-stress.
	Enjoy this new way of learning!