

# Home/Online Learning

## Guidelines for Students and Parents

### Stay Connected



### Workspace

Work in a quiet area, at a desk or table and try to limit distractions.



### Focus

During calls with your teacher, stay focused on the call. Avoid reading chats or looking at other tabs.



### Your Normal Routine

Eat breakfast, brush your teeth and get dressed in the morning.



### Ask Questions

If you don't understand something, ask your teacher or classmates online.



### Use Classroom Language

Talking to your teachers and in class is different from how you speak to your friends online. Use proper grammar and avoid excessive emojis.



### Take Breaks

Take breaks away from screen. Move around and try not to sit all day.

