



**Sydney
Secondary
College**
Leichhardt

Student Online Learning

What Learning Systems are we using?

- Most classes use OneNote and Edmodo (download on your home device)
- Your school email will be an important way for the school to contact you.
- Check that you can access these platforms during this week



Who can I go to for help?

- Classroom teacher – questions about your subject, homework or assessment tasks.
- Year Adviser – minor wellbeing questions
- Head Teacher Wellbeing/Counsellor – serious or ongoing wellbeing issues
- Kids Helpline – 1800 55 1800
- eHeadspace – <https://headspace.org.au/eheadspace/>



To do...

- Check your emails regularly
- Check for new work and upcoming tasks on your online platforms
- Ask your teacher if you don't understand something
- Submit homework and tasks online

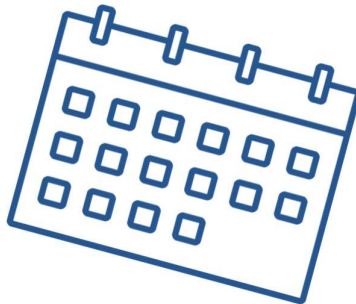


How can I look after myself?

- Eat healthy food and drink water regularly.
- Try to spend some time working offline to reduce your screen time.
- Get some regular exercise.
- Stay connected to other people, especially your classmates.
- Get ready for the day before your classes, get dressed for the day and remember hygiene.



Your timetable



Try to stick to your normal school timetable. Complete the tasks that have been set for each timetabled subject, reflect on feedback from your teacher, read, write study notes and plan for upcoming assessment tasks.

Your learning environment

Ensure that you set yourself up for success by creating a space for learning that is free from distractions, has sufficient light, and provides access to power. Adjust your chair so that it is comfortable, your lower back is supported and your feet are flat on the floor. Your computer should be positioned in front of you and you should be able to see the screen without straining.

Remember to follow The Leichhardt Way online.

