

# Remote learning guidelines for students and parents



## Stay connected



### Ask questions

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



### Workspace

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



### Use classroom language

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



### Focus

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



### Take breaks

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



### Your normal routine

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

