

HOW TO ENGAGE IN REMOTE LEARNING

St Ciarán's Community School

- Treat Monday-Friday the exact same as you would treat it when in school.
- Be at your workstation and ready for 8:45am
- Have your iPad charged/books & resources ready
- Follow the normal school timetable as much as possible.
- Limit distractions - if you do not need your phone to access online teaching resources such as One Drive/Teams, leave the phone out of the room - there are apps you can use to help limit the time you spend scrolling on it.
- Use homework journal to keep track of assignment deadlines and return assignment before deadlines.
- Check the posts and assignments section on teams regularly. This is even more important if you do not attend live classes.
- Create a to-do list daily with the assignments/tasks/live lessons you have to complete - tick off as you go.
- Use the timetable as your guide for each day. For example: If you have 3 live lessons and 2 recorded lessons then them 5 class lessons are taken

care of. For the other 4 classes you work on them with the work assigned.

If you find too much work being given to you, then you should contact your teacher to let them know.

- Keep school material and work organised.
- Online lessons need engagement from students. Be it videos on, or asking questions or put questions into chat, more engagement needed in the live lessons.
- Please watch or listen to the recorded lesson before attempting the questions. Lots of effort is put into the recording, please take the time to view it before you send a message to a teacher asking about an assignment, please read/watch or listen to the full assignment, If you still then have a question, contact the teacher in chat.
- Please look at the deadline of when assignments are due and ensure that you meet these deadlines. If for any reason you cannot or do not meet the deadline, please contact your teacher and explain.
- Please explain to teachers if you haven't been engaging instead of falling behind and waiting to be chased up.
- Use Lens to take photos of work. Make sure you are sending a photo that is the right way up and rotate it if not. Don't send a horizontal photo.
- Reach out to teachers/SNAs via Teams if you are unsure of instructions or if you encounter any problems.

- Try and be on time for live lessons.
- If the work is in Assignments, please post your answer in Assignments.
- When you know what day you are having your online class, the onus is on you to attend and engage. It is Your responsibility to know when there are online classes, once teachers have notified you of the plans for the week.
- Students should, as far as is possible, work in a room on their own, particularly during live classes.
- Live classes will follow the timetable.
- If you are still not confident with navigating around teams, it is important that you become familiar with teams going forward. Please check the website under 'wellbeing' and 'on-line learning & Teaching' or reach out to someone for help and support.
- Take regular breaks - especially a break from screen time.
- Visit school website for tips on wellbeing.
- Ask your teacher for help if you are having issues accessing the classwork/lessons. Communication is key!
- Get a good night's sleep every night. This is a tiring experience & your body needs rest
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Apps for Time-Blocking on your Phone:

The apps below are great for blocking you from using your phone for periods of time- eg work for 25 minutes, and have 5 minutes on your phone etc. -

iPhones also have a feature in settings where you can limit the use of certain apps. - You should only use these apps if you are not relying on your phone to access school work






How to Avoid Burnout:


It can be very easy to get overwhelmed with the workload. Follow the tips below to help avoid getting overwhelmed at the situation we are in. -


Remember if you are finding remote learning difficult at times, reach out to someone you trust. Your teachers, tutors, Year Head, and the school guidance counsellors are all here to help you


HOW TO AVOID BURNOUT
@DUNDALKSTUDYACADEMY


  Take it easy. Pace Yourself.
Take advantage of the extra time.


Don't fool yourself. Be realistic about your study and how many hours you have in a day. Prioritise schoolwork. 


 Feel good about yourself. Eat well. Get fit.
Sleep for 8 hours. Drink 2L of water per day.

Ask for help and direction. Use your teachers expertise. Message @DUNDALKSTUDYACADEMY on Instagram for advice. 

 Start small and expand. Work towards a paragraph instead of an essay.

Don't compare yourself to Mary, Sarah, John or Roger. Everyone is at different stages. Work on you and only you. 

 Weekends are off-limits for study. Relax and take the time to refresh. Do what you love and lots of it.

Just STOP. If you're feeling stressed & overwhelmed. You need to get up & go outside. Leave it for now. 

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