

Learning at home - A handy guide for students



Below are tips to plan your day — a structure will be helpful.

Stick to your timetable

Get up and get dressed as you would do usually. During your normal lessons your teachers will be available to support you with your work.

Check your email every day

You will have updates from your teachers, in the form of emails, Google Classroom and other platform notifications. We will also tell you which staff are not available, so you will not be able to contact them. Make a plan for how you will manage your classes and write it down.

Set up a work space

Find a space at home that you can set up as a good work environment. Make sure that it is comfortable and somewhere you can work without distractions. [Here is some advice about setting up a healthy space.](#)

Have breaks, get offline and stay well

Take regular breaks, get fresh air and exercise, drink water and eat as well as you can. Make sure you have some variety in your day. Make space for creativity and device-free time.

Find a support person

Many of us need someone to help us to stay on track. Perhaps one of your family or whanau might check in with you to make sure you have a work plan, or maybe you and another student in your rōpū class could check in with each other. It is important to set up good work habits and set yourself up for managing screen time.

Stay connected

Think about a way you and your friends can catch up to continue supporting each other.

Managing your mental health

We are living in a strange and uncertain time, and you may be feeling anxious, worried or scared. You might find this article useful - it lists six things you can do to manage how you are feeling:

- [How teenagers can protect their mental health during coronavirus \(COVID-19\)](#)

You can also contact our Guidance team during term time:

- Lloyd Ward: lloyd.ward@whs.school.nz
- Maeve Stevenson: maeve.stevenson@whs.school.nz

For other support, you can also contact:

- **1737** – Free call or text 1737 any time for support from a trained counselor.
- **Lifeline** – 0800 543 354 or free text 4357 (HELP)
- **Youthline** – 0800 376 633 or free text 234
- **Samaritans** – 0800 726 666

Remember our school values

Keep WERO in mind – whānaungatanga, excellence, respect and ora — as you undertake this way of learning.

How will you know what to do?

Getting help from your teachers

Your teachers will be available during their normal class times to support you with your learning.

Your teachers will let you know which platforms they will use in your classes. This might include Google Classroom, Gmail, Google docs, Education Perfect and Stile. Some may set a time for an online meeting using Google Meet.

Be patient!

Teachers may be working with many students each period during the day so you may need to wait for a reply.

Please contact us if you need help or support.

Helpful hints!

[Study.com: Learning at home during a pandemic:](#) This website also has some useful advice to support students and families with learning at home.