

BE READY TO LEARN FROM HOME

SPC - BE WELL, LEARN WELL, LIVE WELL

FOCUS YOUR MIND

- Go to bed at the same time each night and wake up early enough to have breakfast
- Check emails before starting work / lessons for the day
- Write yourself a checklist of subjects or assignments that need to be worked on each day

YOUR SPACE

- Your learning spaces should be as quiet as possible, well ventilated and with good light.
- Be respectful of shared spaces

BE HEALTHY

- Drink water, eat healthy food
- Take breaks every 60 mins
- Take time to meditate and breathe. Spend time with your pets.
- Get some exercise each day.



YOUR CLOTHING

- Be appropriately dressed
- No PJ's
- School Uniform is not required

BE PRODUCTIVE

- Manage your time
- Submit all work required
- Reply to emails if needed
- Keep your teachers informed

For help with your work please email your class teacher or catriona.martin@lism.catholic.edu.au

For general questions kmps@lism.catholic.edu.au