

READY FOR SCHOOL TODAY?

Your simple *checklist* for a fantastic day!

1.



Find your study space

Well-lit
Peaceful and quiet
Hard surface

2.



Got everything you need?

Laptop or tablet
Virtual School login details
Pen, paper and other materials

3.



Stick to a daily routine

Set mealtimes
Take breaks
Daily movement/exercise

4.



Make time to socialise

Chat to your friends
Work and learn collaboratively
Share ideas

5.



Help is at hand

Real-time support in lessons
Email your teacher at any time
Revision help from your parents

6.



Most importantly... reward yourself!

You're working really hard and
you're doing great – you've
earned it.