

READY FOR SCHOOL TODAY?

Your simple *checklist* for a fantastic day!

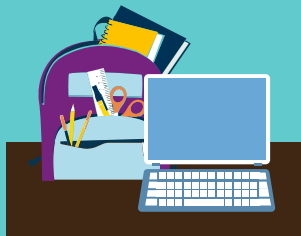
1.



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.