

# Hybrid Remote Learning Guide

Year 7 to 13 Students - Ākonga

How to connect to lessons during hybrid remote learning when you are having to isolate at home.

## Hybrid remote learning – the process

Please ensure that your parents or caregiver have called QMC and informed the nurse that you are well enough for learning.

### During class

- Be ready at the start of each lesson to receive an audio only call from a buddy, allocated by the classroom teacher.
- If you have not been connected in the first 5 minutes of the lesson, please email the teacher to remind them.
- It will take some time to organise the lesson so please be patient.
- The buddy will be your point of contact for the lesson, allowing you to listen to the lesson taking place.
- Stay online for the duration of the lesson.
- Use your online resources (OneNote/Teams) as directed by your teacher as you usually do.
- If you have a question, please ask this through chat and your buddy will pass this on to the teacher at an appropriate time.
- Work should be submitted through online platforms and teachers will provide feedback as usual.
- Please be aware that your buddy is an active participant in the lesson taking place.
- It is important you keep your camera off and only use the chat function for appropriate questions.

### Assembly and tutor time

- The same process will take place during Tutor Times on Monday and Friday.
- For Principal and Chaplain's assembly, your buddy will post in the chat function the link to connect and view alongside your peers.
- There may be occasions where it is not appropriate for you to connect (house meetings outside for example).
- When this is the case, your buddy will communicate this with you and you may be dismissed until the start of period 5.
- Tutor Time on Tuesday to Thursday should be used for a break away from your computer screen.

### Teachers isolating at home

- In a situation where the classroom teacher is working from home due to isolating, home learners and students at school will move to a full remote learning lesson.
- The classroom teacher will set up an online class meeting and all students will join with videos on.

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## Hybrid remote learning - wellbeing

Your wellbeing is a key priority. During remote learning, it is important that you maintain a regular rhythm in your day, as you would during a normal school week.

### You will need:

- Regular wake times
- A normal routine of getting dressed and ready for the day
- Regular times for learning, with small breaks between each period
- Daily exercise
- Healthy nutrition
- Time outdoors
- Family time
- A consistent time to go to bed at night

While these seem like very normal requirements, when there is a significant change like reduced contact time with others at school, we need to be more intentional about ensuring appropriate rhythms.

With remote learning there will be increased time on screens. While technology is very helpful, we know that too much screen time affects wellbeing. It will be important to take time away from screens regularly – read a book, go for a walk and spend time with others.

Our Wellbeing Team are available to be contacted during normal school hours and are listed below. Your Tutor teacher is your first point of contact but if you have a significant concern, please contact your Dean.

If you would like to talk with someone from the Wellbeing team, it is best to email the staff member and we will respond as soon as possible.

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## CONTACTS

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### Wellbeing Coach

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