



Developing a Growth Mindset

Online Learning



DEVELOPING A GROWTH MINDSET

- Wake up with enough time to get dressed and eat breakfast before you need to check in with your teacher on Teams, Fresh grade or Seesaw.
- At 9am, log into Seesaw, Teams or Freshgrade to see your teacher's morning message. Be sure to tell your teacher that you are ready for each day by liking or commenting on the morning message.

YOUR LEARNING SPACE

- Make a space in your house to complete your school work.
- If you are using a shared space, make sure it is quiet, you are using headphones and there is an appropriate background when you are recording video.



YOUR RESOURCES

- Have your learning pack ready.
- Ensure your device is fully charged and logged into school apps.
- Use headphones when required.



YOUR WELLBEING

- Take regular breaks from your learning.
- Remember the 20/20/20 rule - every 20 minutes look at something 20 metres away for 20 seconds.
- Drink lots of water.
- Eat a healthy recess and lunch.
- Remember to move! Get lots of physical exercise and go outside and play.

YOUR PRESENTATION

- Get dressed in clothes each morning to tell your brain it is ready to learn.
- If you are attending a live TEAMS chat or recording a video to submit, ensure you are wearing appropriate clothing.

YOUR TIME

- Use your time wisely - complete set work for the day.
- Remember to submit work on time so that your teacher can provide feedback.
- Check Teams and Seesaw before posting a question - the solution to your problem may have already been posted.

YOUR MANNERS

- Only use polite, kind and helpful language when online talking with others. If you would not say it in person, please do not type it.
- Mute your microphone in TEAM chats unless you are being spoken to.
- Submit work that is your very best, as you would at school.