

# CURRICULUM CONTINUITY

## OFF-CAMPUS DAY STRUCTURE

The following Day Structure has been adjusted to allow screen breaks for students between periods.

8.10am	Set your alarm
8.15-8.30am	Form
8.40-9.20am	Period 1
9.30-10.10am	Period 2
10.20-11.00am	Period 3
11.00am	Recess
11.25am	Set your alarm
11.30-12.05pm	Period 4
12.15-1.00pm	Period 5
1.05-1.30pm	Lunch
1.40pm	Set your alarm
1.45-2.25pm	Period 6
2.35-3.15pm	Period 7

Note:

1. Elective classes will provide 'lite' activities for students. Teachers will be available on Teams to address student queries.
2. Physical Education will provide activities. No meetings will take place.
3. Classes such as THRIVE, SMARTS, Christian Education, Health, SAS, Study, Year 7 and 8 Computing and Languages will not have activities or meetings. Students can utilise this time to consolidate their learning.

Below is our schedule for Pastoral Care Support Videos

Monday	Chaplain & Deputy Principal Pastoral Care
Tuesday	Heads of Year
Wednesday	House Coordinators
Thursday	Christian Ed Coordinator
Friday	Heads of Year & Counsellors

### Remember to....



#### Maintain Personal Hygiene

We know you will have had a shower, breakfast and get changed out of your pyjamas into Physical Education Uniform ready for school!



#### Look after your eyes

Please use your recess and lunch breaks to leave your study area and give your eyes a rest from your computer screen.



#### Limit gaming or limit your screen use after school hours



#### Eat healthy foods and drink water regularly



#### Exercise

Schedule regular exercise each day.



#### Sleep

Get plenty of sleep at night.



#### Physical distancing - but still socially connected!