



Penola Catholic College

Guide to Remote Learning

Setting Up Your Space



Make sure your laptop is **charged** and **connected** to Wi-Fi.



Have **water** and **healthy snacks** on hand.



Keep your **stationery** close by (eg. pens, pencils, paper).



Stay comfortable. Elevate your laptop, use a good chair and remember to stand up and stretch **regularly!**



Important: to ensure child safety, please find a more public room while connected to **remote learning.**

Learning Schedule

Period 1	9.00 am
Period 2	9.50 am
Recess	10.40 am - 11.05 am
Period 3	11.05 am
Period 4	11.55 am
Lunch	12.45 pm - 1.30 pm
Period 5	1.30 pm
Period 6	2.20 pm

Stay Connected

Check **MyPenola** for updates

Check **emails** regularly

ICT support: IT@penola.vic.edu.au



Independent Study

Read a book
Watch a documentary
Revision of key knowledge
Contact peers about your learning

Balance

Excercise
Meditation
Take breaks
Stay hydrated
Check in with others

Please remember:

Homeroom takes place EVERY Wednesday starting at 8:30am