

ESTABLISH YOUR ROUTINE

Wake up and prepare for the day with a morning routine

Eat a healthy breakfast

Join us for the Morning Activity sessions at 8:15 every morning

Follow the modified College timetable – write your schedule in

Make a list of actions and activities beyond school

YOUR LEARNING SPACE

Create a consistent learning space

Use a quiet, comfortable and consistent space.

Keep this out of your Bedroom where possible (this should be prioritised for sleep)

Avoid distractions from Mobile devices when learning

FIND BALANCE

Find times to get away from screens

Walk the dog, water the garden, make a playlist, try mindfulness, do an exercise routine, read a book for pleasure – etc.

LOOK OUR BEST

Show your Pride – Wear a Scotch top, jumper or jacket for video conferencing “Scotch on Top”

Change out of pyjamas

Neat and tidy appearance

If using video – blur out your background

HOUSE & MENTOR

Your House is a community within the Scotch Community.

Stay in touch with your Mentor and House teachers and cohort

Embrace the activities provided – stay connected!

SCOTCH FIT



ACADEMICALLY FIT

ONLINE ETIQUETTE

Adhere to College expectation of behaviour and language

Turn off microphones until you are required / wanting to speak

Use headphones if you have them

MINDSET

See this as a short-term method for learning

Acknowledge that this is challenging for all of us – do your best

Know that school will re-start and maintaining connection to your studies is important for your learning and wellbeing

MAKING THE MOST OF ONLINE LEARNING THROUGH ROUTINE, MINDSET, BALANCE & COMMUNITY.



Scotch FIT

Wellbeing at Scotch is characterised by maintaining a balance between the resources we possess and the challenges we face. The Scotch Fit framework reminds us that wellbeing is a multi-faceted construct.