Tips for a healthy and productive home learning day

It all starts with a good routine!

# Wake up as you regularly would for school

* Maintain good habits that favour a good sleeping pattern (go to bed and wake up at the same time every day).
* Get dressed for school.
* Have a good breakfast.

# Follow a regular school day schedule

* Plan your day following your school schedule.
* Connect to Teams to get the needed information from your teachers.
* Check your student Outlook email every day.
* Plan for small breaks throughout the day.
* Plan for lunch and eat a healthy lunch.
* Plan a time to do some physical activity.
* Plan a time to socialize with friends or family.

# If time permits

* Read for 30 minutes.
* Explore extra educational resources (Khan Academy, etc.).
* Reflect on new projects to create.
* Connect to virtual extracurricular committee meetings happening that day.
* Work on your My Blueprint portfolio to explore post-secondary opportunities.

If possible, have a workspace at home that:

* Is well lit.
* Has a desk or table.
* Has internet access.
* Has a comfortable chair.
* Has an accessible device (please see here for more info:

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