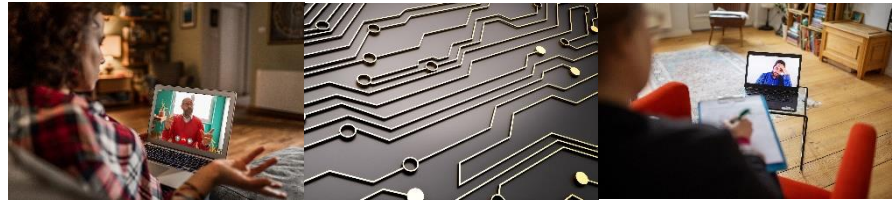


RedHawk Express

Jan 10-14, 2022



A Return @Home Online Instruction

On Tuesday January 11th our staff will be prepared to welcome our RedHawk students to their online classrooms. Here is what you can expect.

Lesson Plan: Teachers have been tasked with creating learning experiences that span the 60-minute period with no more than 40 minutes of screen time. This means that students may be assigned reading, writing, offline tasks to balance their online time.

Teacher Accessibility: Teachers will be accessible for a total of 50 min during each lesson. The final 10 minutes will be devoted to supporting students who are on site.

Resources: Students are invited to the school on **Monday, January 10th from 1:30 – 4:00pm** to gather items from their lockers and pick up learning packets from teachers who have notified them to do so.

SCHEDULE – We will follow our bell schedule as outlined here.

P1 – 8:50 – 9:30am (Teacher accessible until 9:40am)
HOMEROOM – 9:55 – 10:15am*
P2 – 10:20 – 11:00am (Teacher accessible until 11:10am)
P3 – 11:25 – 12:05pm (Teacher accessible until 12:15pm)
LUNCH – 12:25 – 1:25pm – Screen Free Time Suggested
P4 – 1:25 – 2:05pm (Teacher accessible until 2:15pm)
P5 – 2:30 – 3:10pm (Teacher accessible until 3:20pm)

*Homeroom Teachers will be contacting their students to check-in.

January 24 -28 – Exam week has been cancelled and will instead be a regular school week with unit tests, exams and other assignments being completed as we close out semester 1.

Weekly Schedule

Jan. 10-14

Mon – NO SCHOOL

Tues –

Wed–

Thurs –

Fri –

Jan 17-21

Mon –

Tues –

Wed –

Thurs–

Fri –

Upcoming Events

Jan 15 – **BOTTLE DRIVE – Reach for the Top**

Feb 1-2- **Turn Around Days – NO SCHOOL for students**

Feb 3 – Semester 2 Starts

Supporting Your Students @Home

We realise that learning from home brings a strain to most homes as you balance supervising your students with your own work schedule.

The best way to support your learners is:

1. **Routine:** Waking up, eating breakfast, and getting ready to learn will be important. A designated time to get outdoors will also be valuable.
2. **Equipment:** Use the laptop rather than a phone for engaging in the learning to reduce eye strain. (Students who do not have access to internet, or a laptop should contact Mr. Peters)
3. **Ask for Help:** If students are struggling with online learning or with their emotional wellbeing they should reach out to the school. You can message via TEAMS, e-mail, or call to speak to Mrs. Jordan, Mrs. Barrington, Mr. Peters, or any of your teachers.



Reminders

- **Attendance:** Should students be unable to participate in online learning due to illness please call the school on 847-6204. Students will be marked as DL (Distance Learning) when they login and participate in online learning and UA (Unexcused Absence) if not.
- **Laptops/Internet:** Students who require access to internet or a laptop should call the school and speak to Mr. Peters – 847-6204.
- **CO-OP** is cancelled for this week. Students should connect to online lessons with Mrs. Porter via TEAMS instead.
- **Masks:** The recommendation when students return to in-person learning is that they wear tight fitting masks, preferably surgical style, 3 ply and where possible N95 style masks. If families can work to get these style masks over the next two weeks, it would be appreciated.
- **Boosters:** While many of students are not yet eligible, we would encourage any members of our RedHawk community to consider getting their boosters to help prevent serious infection and to slow the spread of the Omicron variant.
- **Sports:** All teams are in a skills & drills phase and must reduce contact between players.
- **Bottle Drive:** We had to postpone our bottle drive due to the storm so please save your bottles & cans until January 15th when we will hold our first bottle drive of the year in support of Reach for the Top! We will be hosting a tournament as soon as possible.

Social Media

Facebook – Search
“Rothesay High School”

Twitter - @RothesayHigh

Instagram –
@rothesayhigh_athletics
@reggietheredhawk

Other Account to Follow.
Twitter - @ASD_South

5 TIPS FOR STAYING HEALTHY WHILE WORKING FROM HOME



Find a Calm Space

Identify a designated, quiet workspace and consider wearing headphones to tune out potential distractions.



Take Breaks

Take frequent breaks during the day and get away from your desk for a few minutes every hour or so.



Stay Clean

Wash your hands often, use hand sanitizer, and keep your desk and workspace clean and free of germs.



Improve Ergonomics

Adjust your chair so that your knees are level with your hips, and your monitor is near eye level.



Eat Well & Hydrate

Eat a healthy lunch to promote a strong immune system and don't forget to stay well hydrated.

5 TIPS FOR CREATING A PRODUCTIVE HOME OFFICE

by CompuVision
Manage · Protect · Accelerate

Work with what you have

Don't blow your entire budget on day one. Working with what you have, and decide what you need later.

TIP
01

TIP
02

Focus on great lighting, and a view

Use proper lighting to avoid unnecessary eye strain; and find a spot with a view.

Get comfortable

Find a desk with the right height and a chair with proper back support.

TIP
03



TIP
04

A designated workspace

Identify a designated workspace and keep it clean and organized.

Create a distraction free environment

Interruptions can hamper productivity. Free yourself from distractions and consider headphones.

TIP
05