



## Senior School Student Guide Years 7-12

1

**Establish a daily routine.**

Use your regular class timetable as a framework (8:20am - 2:50pm) Schedule breaks, quiet time and being active.

2

**Check your Lampada class page.**

At the beginning of Period 1 on Monday, instructions for learning activities for the week will be clearly posted on Lampada News.

3

**Ensure that you are present for all scheduled virtual classes.**

Contact hours will be clearly communicated by your teacher and take place in one of your regular class times.

4

**Collaborate with your peers and support each other's learning.**

5

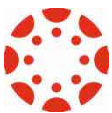
**Check-in with your parents about your learning at the start and end of each day.**

6

**Contact staff via email if you have any questions or concerns.**

For questions about classwork contact your teacher.  
For pastoral matters contact your Tutor.

### Our main platforms for Distance Learning:



Lampada



Zoom



MS Teams