



Wellbeing Guidelines for Students

This is a resource to offer students guidance and support for the next two weeks.

Routine

We are advising that students make a personalised plan for each day over the next two weeks. This would include getting up at the same time that you would do for school and following where possible the school day. Teachers will be uploading work on Schoology and students are expected to engage fully and productively with their schoology accounts. Teachers will also be available to answer your questions at a time set by them. See each subject page for times.

Study

It is advised that each student creates a study timetable daily with clear **SMART** goals for each study session.

S- Specific **M**- Measured **A** – Attainable **R**-Realistic **T**- Time

Templates for a study plan will be posted on Schoology so feel free to use them to support your study.

Interaction with Teachers

It is important that all students check Schoology throughout the school day as this is how your teachers will communicate with you. Teachers will be setting work and assignments for you to complete. Teachers expect you to complete these assignments and up- load them to Schoology.

Wellbeing

These are extraordinary times but people have faced great challenges before. The important thing is that we keep perspective and work together. The best thing we can do to keep ourselves and our families safe and well is to follow and adhere to the advice from the HSE.

Social Media/Phone Usage

Rumours are just that rumours. Please do not get caught up in online stories that could be untrue and misleading. It is a time to use social media in a wise and positive way to interact with your friends. However, we do advise you to limit your social media usage during your day. Keep your mobile phone/ device out of your bedroom at night.

Anxiety about Exams

Please be assured that all exams, practicals, CBAs, aural exams and portfolio submissions can and will be re-scheduled for a later date. No student will be penalised because of these school closures but we are requesting that you continue as normal with regards your school work and study.

We look forward to seeing you all on March 30th.