



# PCH STUDENT NEWSLETTER

March 30, 2020 | Volume 1,

You're not stuck at home, you're safe at home. One word can change your attitude, and one cough can change your life.

- Timber Hawkeye

## Week 3 and further restrictions

To all our Students and their Families,

As we begin our 4<sup>th</sup> week in isolation it is more important than ever that we give our total commitment to trying to 'flatten the curve' by adhering to government guidelines. We know it is very difficult, when the sun is shining, not to go out and meet your friends. By making a sacrifice for another two weeks you will be playing your part in beating this global pandemic.

Well done to all of you who have embraced online learning with such enthusiasm. Many teachers have reported excellent engagement and some very productive and interesting discussions online. For those of you who are finding it difficult, please reach out and ask for help. You will find some ideas here in this newsletter.

Please bear in mind that this crisis is difficult for everyone; many of your parents are facing job losses, the stress of trying to keep businesses afloat and some of your parents are frontline workers. It is very difficult being cooped up at home all day with siblings. Make sure you keep to a routine, eat well, sleep well, and get some exercise safely.

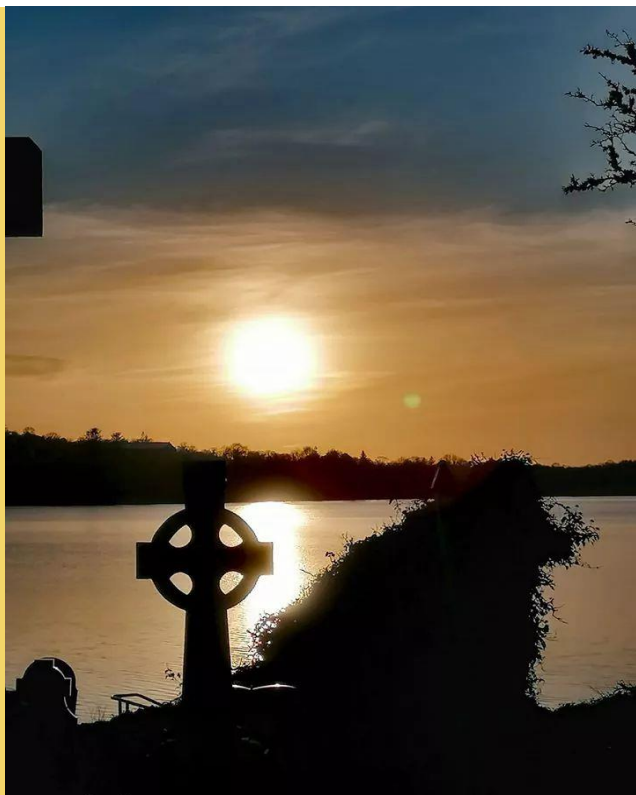
Please remember also, that this crisis is very difficult for your teachers. We want the very best for you and we are striving to ensure you will continue to learn. But we also have young families, spouses, partners, parents who need our care. We are doing our very best to juggle these commitments with our concern for you.

*We will get through this and with the help of God, we will all stay well in this crisis.*

*Aisling McAlpine, Ciarán Ryan & Orla Jackson*

*If we can winter this one out, we can summer anywhere*

*Seamus Heaney*

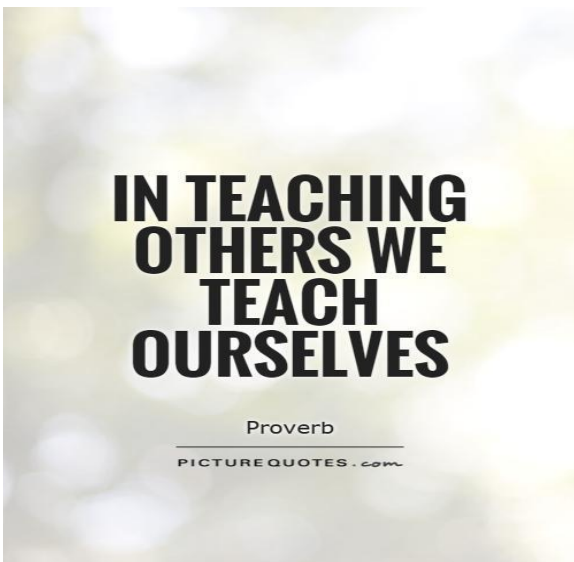




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## GUIDE TO USING GOOGLE CLASSROOM:

<https://teachfromhome.google/intl/en/>



### HOW TO BE PRODUCTIVE FOR EXAM STUDENTS:

Tips for staying productive while working/studying from home

**Timing** – Set yourself a start and finish time. This will give your day structure. It could be useful to set your start and finish times similar to school hours, so you are following your normal routine as much as possible.

**Prepare for the Day** – Follow your normal morning routine – get up, get dressed, eat your breakfast and prepare for the day. This will help put you in a good frame of mind to tackle your schedule for the day.

**Schedule** – Use a timetable or schedule template to plan out your day in a way that suits you. You might choose to follow your own class timetable, spend 40 minutes to 1 hour per subject or choose to focus on one or two subjects in greater detail daily. This will come down to what suits you best. Be sure to include breaks in your schedule and stick to them!

**Prioritise** – Check the Google Classroom and/ or your email and make a list of all the work your teachers are asking you to do and any deadlines they have set for this work. Make sure you prioritise the work that is due first so that you can keep on top of meeting your deadlines. Knowing what tasks are priority will also help you to create your daily schedule.

**Space** – Have a specific area that you will use for schoolwork. Most of you may already have something like this. Sitting at a desk will help keep you more productive than sitting on a couch or your bed. We understand this may be difficult with everyone at home together- do your best.

**Phone** – We understand that many of you are using your phone to access Google Classroom and email during the COVID-19 school closure but put your phone on DO NOT DISTURB in order to avoid any distractions and only use it for the purpose of school work when completing tasks or assignments. It is very easy to sit at a desk all day and do absolutely nothing but procrastinate on your phone! Check for messages and new work when you begin your study each day. When you are ready to post your assignments to Google Classroom or email work to your teachers later on, you may then use your phone. Individual Teachers will advise you how they would like you to submit your work. Some will use the assignment tab in Google Classroom, some might ask you to send a picture of the work and others might ask that you email the work to them. Follow your teacher's instructions carefully. There is a guide to using Google classroom here. Students need to be very disciplined about this in the virtual classroom.

**Taking time** – Make sure to take time in your day to exercise. This could be before you begin schoolwork, during your day or when you have finished – whatever works best for you. This will help clear your head.

**Ask** – If you are unsure of anything you are being asked to do or have any queries, your teachers are available via email. Please ask if you are having any problems with anything as it is important that work is completed to the best of your ability.

### Mental Wellbeing Tips for Handling the Corona Virus

#### Create and Maintain a Routine.

It is very tempting to sleep in and or to stay up late when you do not have to be up and ready for school. Try not to change your usual habits of getting up at a certain time and going to bed at a reasonable time. Showering and getting dressed properly is important too.

## Create a Workspace



Have a designated area where you work that is a different place to where you sleep or relax will be important- if you can. Be organised and have everything you need for study.

## Take a Break

Build little breaks into your routine. Study in shorter periods to be more productive. Chat with a friend for a little while, go for a walk or have a cup of tea. Take a break for better clarity, concentration and a better mood. Take breaks every 40-45 minutes for five minutes incorporating stretching, breathing, getting daylight and hydration.

## Plan Your Study

It is important to stay calm and focused. Your day might not follow the same routine as the school timetable. It may suit you better to change subjects around and check what you have not completed in the curriculum and develop your plan.

**Set a time for study**- preferably 2-3 hours early in the morning, outside of any homework or tasks you will need to complete for teachers. Focus should be on quality of study and not time. Shorter study times are more beneficial for maintaining concentration.

## Regular contact with your teachers

"Don't isolate yourself". Keep regular contact with your teachers through Google Classroom and email. Contact them for recommendations on resources and feedback on your work. Remember the Guidance Counsellors are also available if you have any concerns or queries relating to subject choice or career guidance.

## Maintain a Healthy Diet

Keep eating breakfast, dinner, lunch at the usual time. Eat plenty of fruit and vegetables. It is easy to turn to comfort food at this time or when you are bored. Allow yourself to have these treats but make sure you get the required nutrients, vitamins etc. Hydrate by drinking plenty of water. Minimise the energy drinks

## LINK TO GUIDE FOR PARENTS SUPPORTING YOUNG CHILDREN:

<https://www.education.ie/en/The-Department/Announcements/guide-for-parents-supporting-children.pdf>