



St Norbert  
College

# REMOTE LEARNING

## DAILY TIMETABLE



<b>MORNING</b> Before 8:40am	Get ready for the day • Have breakfast • Do something active Plan the day's meals • Organise your work tools for the day.
8:40-9:00am	Go online and check your SEQTA messages and emails for the day. Log into your House team in MS Teams to check for notices.
9:00am	Log into SEQTA and/or MS Teams to complete the work for your first timetabled period of the day.
9:55am	Log into SEQTA and/or MS Teams to complete the work for your second timetabled period of the day.
<b>RECESS</b> 10.50-11.10am	Eat a healthy snack • Drink some water Remain hydrated • Get some fresh air.
11:10am	Log into SEQTA and/or MS Teams to complete the work for your third timetabled period of the day.
12:00pm	Log into SEQTA and/or MS Teams to complete the work for the fourth timetabled period of the day.
<b>LUNCH</b> 12:55-1:35pm	Prepare yourself a healthy lunch • Keep your fluids up • Do something outside • Update your parents on the day so far.
1:35pm	Log into SEQTA and/or MS Teams to complete the work for your fifth timetabled period of the day.
2:25pm	Log into SEQTA and/or MS Teams to complete the work for your sixth timetabled period of the day.
<b>AFTERNOON</b>	Get outside and be active. If you have completed all of your work for the day, then do something relaxing and refreshing.

\* Every Wednesday students must log into their House team by 8:40am. A shortened Period 1 will start at 9.20am and last for 35 minutes.