ONLINE LEARNING
A STUDENTS GUIDE

- Get up early as if it was a normal school day.
- Plan a timeline for your day: Online Classes /Breaks/Exercise/Study/Finish Up
- Choose a quiet, comfortable workspace where there will be least disruption.
- Organise your books, stationery, technology for the day ahead. Charge up your technology the night before.
- Apply school rules during school hours. Stay off social media/messaging when you are studying or in your online classroom.
- Be aware A Healthy Body = A Healthy Mind, eat healthily and at regular times.
- Keep hydrated - Drink plenty of water.
- Talk to your friends if something is bothering you.
- Try activities such as exercise / meditation/ yoga to help de-stress.

ENJOY THIS NEW WAY OF LEARNING

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FOGLAIRM AR LÍNE

TROIR DRO DON SCOLÁIRE

Éirligh ar nós gnáthlá scolí...

Déan amchlár amach don lá – Ranganna ar líne /Sasanna/ Céachtadh Colp/Am staídil/ Érlis

Roghnaigh spás cóirte atá clúin, cnapódach, nach mbíodh doine agus cur isteach ort.

Cuir eagar ar do chuid leabhar, stáisiúníbreachtai, teineolafochta don lá amach roimh. Luchtluigh do chuid teineolafochta an óiche rámh ré.

Cloigh le ríolcha scolí le hínn uaireanta scolí. Seachtain na hínn shóisialta/teachtaireochtaí agus tá ag staídéar nó ag rang ar líne.

Tabhair aire – intínn fholaín in chorp foráláin – ith go sláintíúil agus ag amanna ríalta.

Ól do dhéachnú uscse – Braithfidh tó tuirseach gan uscse.

Labhair le do chairde mó tá cársal agus cur isteach ort.

Bain triail, as imeachtáil ar nós cleachtadh coirp/machnaimh/locha chun an strus a laghadú.

BAIN TAITNEAMH AS AN TSLÍ NUA FOGHLAMTHA

Is ceannairí muid ar scoileanna atá féin-eachtach agus atá ag teacht lenaor mhuin iochta.
Supporting Your Son/Daughter Through Online Learning

A Parent/Guardian Guide

Establish routines and expectations
Look at your family’s schedule and agree the best times for learning. Support them in planning a start time, break time and a time to finish.

Choose a good place to learn
Help your son/daughter to make space for learning. It’s important to set up a quiet, clutter-free area.

Stay in touch with the school.
Schools and teachers are happy to advise and support your role in your son/daughter’s online learning.

Help students ‘own’ their learning
Help your son/daughter to find ways to work and learn which best suit them. Work with their strengths and celebrate achievement.

Plan for balance
Plan some exercise, activities, and non-screen time. Provide healthy meals and snacks. Manage stress by encouraging them to talk.

Check in regularly
Be familiar with the school’s learning plan and check in with your son/daughter each day to discuss how you can help.

Talk to other parents…..
Other parents are a great support. Share ideas, tips and/or concerns.

Plan for shared use of devices
If you have only one device, plan for who gets priority and when. Aim to support work in bursts of 30/40 minutes.

Remove distractions
Make a list of the things that distract your son/daughter (social media, TV, pets..) Then, find ways to limit them during learning time.

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* Remember to encourage your son/daughter to stay connected with friends
Ag tacú le do mhac/inión foghlaim ar líne

Treoir do thuismitheoir/chaomhnóir

Nósanna agus
snútháin a leagan síos
Feach ar an scéadhlíocht chun teacht ar na huaireanta is
fearr chun foghlaim
Cabhraigh leag agus ladi i
mbeann pleamhála, am tosaithre, sosanna, criochtaí eus.

Roghaigh spás
maith foghlama
Cabhraigh le do mhac/inión spáis cinneadhach a
aimsiú don foghlaim – Tá sé tábharachtach teacht ar
spás atá cuí agus slachtanhar.

Bí ideagadh aile
leis an scoil
Tá scoileanna agus
muinteoirí sásta tacú leat
agus tú ag cabhrú le do
mhac/inión fad is atá sé/sí
i mbun foghlaim ar líne.

Seiceál
isteach go rialta
Bí feasach i dtacaigh pleán
foghlama nó scoile agus
seiceál isteach le do
mhac/inión gach lá le fáil
amarhач coras ar féidir
leat tacú leis féin.

Biodh éagsúlacht sa lá
Bí ceann go bhfuil scoláireachtaí/na
meachtaí mar chuid láracha
den lá mar aon le tréimhse ama
saor an scoileán. Cuir baite
agus scoláireanna polaitiúla ar
fáil. Tá aon abhrúchríocht fós a 
lebhaint leat chun strus a 
laghad.

Ábhar le
tuismithoireacht
Tá cáilteachtaí le daoine ar 
fáil ó thuismithoireachtaí/ 
chaomhnóirí. Bónn 
smachtach, leasanna 
agus bunscoilthaí ar a 
cholú.

Dean pleán má tá gá le
ghleasanna
Leictetnánach a roint
Mura dhéafadh gheas 
amháin ar fáil sa 
teach, déan scéaltaí 
aimhreachtaí cé aghas 
a rachadh arís. Is leor 
30/40 nóiméad in aon 
tréimhse oibre.

Cuir ábhair sheachrán 
ar leatseach
Bí feasach i dtacaigh nó rud é 
chun chlaiseacht isteach ar do
mhac/inión (na meánadh, 
sheáltaí, taifís, peataí...)
Ansin, leagadh an 
úskoil a bráithear as uirl 
leamh ann am foghlaim.

* Meabhraigh do do mhac/inión fanacht i dtéann de chlár de chéile.
A STUDENT’S GUIDE TO
ONLINE CLASSROOM ETIQUETTE

WORK SPACE
Choose a workspace that is suitable for the online classroom.

SHHHHH...!
Mute your mic when you are not talking or typing. Only turn it on if you are asked to speak.

BE ON TIME
Turn up – the class is to help you and your learning

NO PHOTOS
Do not take screenshots or photos of others online

SCHOOL RULES
School rules apply in the online classroom

PRESENTATION
Dress appropriately

SPEAK UP & ASK FOR HELP
Contact teachers during school hours or make an agreement about contact times

RESPECT
Respect everyone’s views online

ENJOY IT!
Enjoy this new way of learning. It is new to a lot of people and it may take time to adapt.

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