

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 to de-stress 🧘🧘🧘

ENJOY THIS NEW WAY OF LEARNING

We lead highly effective schools consistent with our core values

School Support Directorate - Education and Training Boards Ireland 2020





FOGHLAIM AR LÍNE


TREOIR DON SCOLÁIRE


Éirigh ar nós gnáthlá scoile... 


Déan amchlár amach don lá – Ranganna ar líne /Sosanna/Cleachtadh Coirp/Am staidéir/Éirí as 


Roghnaigh spás oibre atá ciúin, compórdach, nach mbeidh daoine ag cur isteach ort 


Cuir eagar ar do chuid leabhar, stáiseanóireachta, teicneolaíochta don lá amach romhat. Luchtaigh do chuid teicneolaíochta an oíche roimh ré 

Cloigh le rialacha scoile le linn uaireanta scoile. Seachain na meáin shóisialta/teachtaireachtaí agus tú ag staidéar nó ag rang ar líne 

Tabhair aire - Intinn fholláin i gcorp folláin – ith go sláintiúil agus ag amanna rialta 

Ól do dhóthain uisce - Braithfidh tú tuirseach gan uisce 

Labhair le do chairde má tá cúrsaí ag cur isteach ort 

Bain triail as imeachtaí ar nós cleachtadh coirp /machnaimh/loga chun an strus a laghdú 

BAIN TAITNEAMH AS AN TSLÍ NUA FOGHLAMTHA

Is ceannairí muid ar scoileanna atá fíor-éifeachtach agus atá ag teacht lenár mbunluachanna

Stiúthóireacht um Thacaíocht Scoileanna, Boird Oideachais & Oiliúna Éireann



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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.

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.

Plan for balance

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

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

Talk to other parents.....

Other parents are a great support. Share ideas, tips and/or concerns.

* Remember to encourage your son/daughter to stay connected with friends

Ag tacú le do mhac/iníon foghlaim ar líne

Treoir do thuismitheoir/chaomhnóir

Nósanna agus tnútháin a leagan síos

Féach ar an scéideal chun teacht ar na huairreanta is fearr chun foghlaim. Cabhraigh leo agus iad i mbun pleanála, am tosaithe, sosanna, críochnú suas.

Cabhraigh le do pháiste úinéireacht a ghlacadh ar a f(h)oghlaim

Cabhraigh le do mhac / iníon teacht ar bhealaí a oireann dó/di agus é/i i mbun foghlama. Cuir béim ar a b(h)uanna agus déan a g(h)aisc a cheiliúradh.

Déan plean má tá gá le gléasanna leictreonacha a roinnt

Mura bhfuil ach gléas amháin ar fáil sa teach, déan scéideal amach cé agus cathain a úsáidfear é. Is leor 30/40 nóiméad in aon tréimhse aibre.

Roghnaigh spás maith foghlama

Cabhraigh le do mhac / iníon spás airiúnach a aimsiú don fhoghlaim - Tá sé tábhachtach teacht ar spás atá ciúin agus slachtmhar.

Seiceáil isteach go rialta

Bí feasach i dtaobh plean foghlama na scoile agus seiceáil isteach le do mhac/iníon gach lá le fáil amach conas ar féidir leat tacú leis/léi.

Cuir ábhair sheachrán ar leataobh

Bí feasach i dtaobh na rudai a chuireann isteach ar do mhac/iníon (na meáin shóisialta, teilifís, peataí...) Ansin, lagdaigh an úsáid a bhaintear astu le linn am foghlama.

Bí i dteagmháil leis an scoil

Tá scoileanna agus múinteoirí sásta tacú leat agus tú ag cabhrú le do mhac/iníon fad is atá sé/sí i mbun foghlama ar líne.

Bíodh éagsúlacht sa lá

Bí cinnte go bhfuil aclaíocht/meachtaí mar chuid lárnach den lá mar aon le tréimhsí ama saor ón scáileán. Cuir béite agus sneaiceanna sláintiúla ar fáil. Iarr ar do mhac / iníon labhairt leat chun strus a laghdú.

Labhair le tuismitheoirí eile

Tá tacaíocht iontach ar fáil ó thuismitheoirí / chaomhnóirí eile. Roinn smaointe, leideanna agus/nó buarthaí ar a chéile.

* Meabhraigh do do mhac/iníon fanacht i dteagmháil lena c(h)airde

A STUDENT'S GUIDE TO ONLINE CLASSROOM ETIQUETTE

WORK SPACE

Choose a workspace that is suitable for the online classroom.



Be aware of what others will see in the background.

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

Be on time for your online classes



NO PHOTOS

Do not take screenshots or photos of others online



SCHOOL RULES

School rules apply in the online classroom

Think before you type. Keep focused on the task assigned.



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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TREOIR DON SCOLÁIRE MAIDIR LE BÉASAÍOCHT DON TSEOMRA RANGA AR LÍNE

SPÁS OIBRE

Roghnaigh spás oibre atá oiriúnach don tseomra ranga ar líne



Smaoinigh ar na nithe a fheicfidh daoine eile sa chúlra

SHHHHH...!

- Mích an 'mic' nuair nach bhfuil tú ag caint nó nuair atá tú ag clóscríobh. Cuir ar siúl é má iarrtar ort labhairt



BÍ IN AM

Bi ann – Tá an rang ar líne ann chun cabhrú leat agus le do chuid foghlama

Bi in am do na ranganna ar líne



SEACHAIN GRIANGHRAIF

Ná glac grianghraif nó seat den scáileán ina bhfuil daoine eile ann



RIALACHA SCOILE

Baineann rialacha scoile leis an seomra ranga ar líne

Smaoinigh sula gcuireann tú nithe i gcló. Coinnigh an fócas ar an tasc a tugadh duit



Bi gléasta in oiriúint don tseomra ranga ar líne



LABHAIR AMACH AGUS BÍ AG LORG TACAÍOCHTA

Bi i dteagmháil le do mhúinteoirí le linn uaireachta scoilénó déan socrú dóibh maidir le hamanna teagmhála cui



MEAS

Bíodh meas agat ar thuairimí daoine eile ar líne



BAIN SULT AS

Bain taitneamh as an tsli nua foghlama. Is bealach nua é do gach duine agus seans go dtógfaidh sé am ar dhaoine dul i dtaithí air.



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