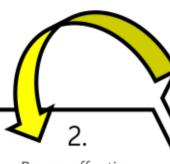
7 ways to succeed and thrive when working remotely

Each hexagon builds onto the next and supports you to succeed and thrive



Be an effective self-manager. Set your alarm to get up and go to bed at regular times.



Routine is your best friend.

The Sleep Foundation recommends teenagers need 10-12 hours of sleep each night.



Use your regular timetable, which will provide structure and help you to organise your day. Plan out your timings for each lesson



Organise a consistent workspace. Try to work in a quiet space without distractions, preferably at a desk or table if you have access to one.

Parents can access information at-

http://nationalonlinesafety.com/enrol/john-taylor-free-school

6.

Keep healthy and hydrated. Are you getting your 5-a-day in a balanced diet? Do you drink 1.5litres water a day and limit caffeine and fizzy drinks?



Stay safe online. Try to limit your time on screen as it can affect mood and sleep patterns.



Be kind to yourself and stay connected with school. Your Personal Tutor will be in contact with you. You can also contact them!



Version 7 – 30/08/2021