



WESTCOURT RETURN TO SCHOOL CHECKLIST

WELCOME BACK!!

Your teachers are looking forward to seeing you again. We need some normality to help cope at this time. Here are some tips to check over to make the return to being physically back at school as best as possible. Please prepare and discuss this with your parents:

ROUTINE

Get back into routine. This means at least 8 hours of sleep each night.

Set your alarm and get up at the same time as you did when you physically went into school

Eat breakfast and follow a usual school morning as much as possible.

Put your devices away and out of reach to ensure you get a sleep free of distractions.

Maintain good and productive routines for the last two weeks of remote learning.

Be organised and prepared for homeroom each morning.

Set yourself up in a suitable space to work effectively.

Participate in classes, help out classmates and maintain high behavioural standards.

Complete required work.

UNIFORM

Try your winter uniform on. Can you find your tie, blazer and pants? Does it still fit? If not, get a uniform that fits **THIS WEEK**. **Practise tying your tie.** Term 2 and 3 require full winter uniform. Students not in the correct uniform will need a parent note.

LOOK GOOD, FEEL GOOD

Maybe it's time for a haircut? Shoulder length hair to be tied back

ORGANISATION

Are all of your school materials organized? Use the remaining time of remote learning to get ready and ensure you are organized to begin classes on Thursday 4th June. Ensure you have all materials and classwork completed. Get in the habit of charging your laptop over night. Can you remember the lock combination for your locker?

WORKLOAD

Are you on top of your school work? Write a list of work that is still to be completed. Stick to a timeline in trying to complete this. **ASK FOR HELP.** If you are behind with the work or unsure of what to do- contact your teacher(s) now so that they can help you. Remember: set classwork and homework will have to be completed. Not completing this before we return may mean completing in lunchtime catch-up sessions

STAY HEALTHY

Keep up with your 60 minutes of physical activity per day, a healthy diet and drinking at least 2 litres of water per day

FEELING ANXIOUS?

Speak to your parents or Homeroom Teacher, Subject Teacher, Year level Coordinators, organize an appointment with the College Wellness Team collegeclinicians@sjc.vic.edu.au

Alternatively you may seek some support or tips from a service such as [Headspace](#) or [Reachout](#)

