

# HOW TO STAY ON TRAK WHEN LEARNING FROM HOME



# T

## TEAMWORK

OPHS is a community. That means, no matter where we are or how we're learning, we must still work as a team to get the job done. Some ways for you to show **teamwork** at home are:

- Working with your teachers, parents, carers, siblings to learn effectively at home
- Completing TRAK challenges at home to win points for your house
- Helping out your peers with their learning or helping out at home

# R

## RESPECT

Whether we are learning in a classroom, playing in the playground, travelling to or from school or working on a computer, we must be respectful. Some ways for you to show **respect** at home are:

- Being respectful online when engaging with your teachers and your peers by using appropriate language, being patient when waiting for responses and always remembering to THINK before you speak/act
- Following instructions from your parents and carers, the government and the wider community
- Respecting yourself and your limits – including maintaining a safe and healthy learning environment and taking breaks when you need them

# A

## ACHIEVEMENT

Learning from home is a new challenge for all of us, but is not a reason not to strive for our best. Some ways you can show **achievement** at home are:

- Doing your best with the activities each day – and asking for help when you're not sure
- Working at a pace that is best for you – remember, we all learn differently, it's okay if you need to take your time
- Working in a distraction-free environment – away from phones, TVs, gaming consoles etc

# K

## KINDNESS

Showing kindness, especially during a challenging time, is important. Some ways you can show **kindness** at home are:

- Saying thank you to the people around you, who are doing their best to support you
- Helping out a friend, a sibling, a parent/carer
- Being kind to yourself – it's so important to look after your own personal wellbeing. Make sure you are getting enough sleep, eating well, taking breaks and making time to relax

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## BEFORE YOU SPEAK

- T** **IS IT TRUE?**  
Is this fact or is it really an opinion or feeling?  
Know & be clear before you speak.
- H** **IS IT HELPFUL?**  
Does it help you, them or the situation?
- I** **IS IT INSPIRING?**  
Also, does it IMPROVE on the silence?
- N** **IS IT NECESSARY?**  
Would this be better left unsaid?
- K** **IS IT KIND?**  
What is your motivation for communicating?



Did you know that the THINK acronym was created to help people be kinder on Social Media? Well, it applies to everyday communications too - whether we're talking to work colleagues, family, friends, children or our partner!

### OTHER HELPFUL QUESTIONS TO CONSIDER INCLUDE:



This acronym gives the saying, "Think before you speak" meaning! Make "THINK" a practice in your life and your communications will be both kinder and more effective.