



— EHS —

EDUCATION • HEALTH • SAFETY



→ **EDUCATION**

- Be prepared & focused
 - Find a quiet distraction-free environment
 - Ex: eliminate cell phones, other tabs/apps, background noise
 - Charge your computer & have materials ready
 - Be on time - log in to Zoom a few minutes early
- Use Zoom & other apps appropriately
 - Use “chat” to ask questions, not to socialize
 - Raise your hand to speak; mute yourself when others are speaking
 - Use your full name - no nicknames
- Consult PowerSchool Learning, Google Calendars, PowerSchool App

→ **HEALTH**

- Keep a schedule and routine
 - Ex: wake up, get dressed, eat lunch, go to bed at structured times
- Take breaks during free mods
- Check Daily Wellness email for enrichment and mental health activities/suggestions
- Utilize Student Services Counselor Check-Ins & PowerSchool Learning Resources

→ **SAFETY**

- Take care of your Chromebook and other materials
- Maintain academic integrity
- Do not share passwords or personal information
- “Own your presence” - respectful facial expressions, comments, tone of voice
- Everyone is responsible for creating and maintaining a safe and inclusive environment

