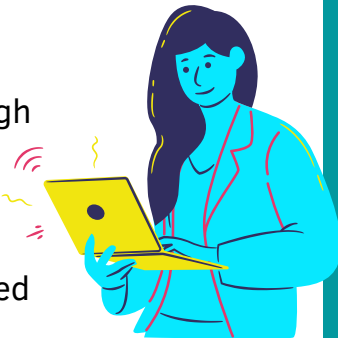


REMOTE LEARNING

TIPS FOR LEARNING FROM HOME

CHECK YOUR SCHOOL E-MAIL

Your teachers and EAs will be trying to communicate with you from time to time through your district e-mail. Check your e-mail that ends with @students.sd63.bc.ca regularly to keep updated



MAKE A SCHEDULE

Organize yourself and set up a regular schedule for getting your work done. Set up your routine to allow for enough time to sleep and get your work done, A regular routine will help keep you on track.



STAY ACTIVE

Get outside, get some fresh air, and work some movement into your day to keep happy and healthy



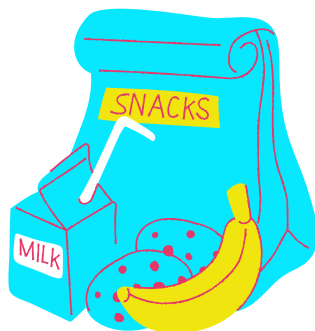
CONNECT WITH YOUR TEACHER(S)

Send your teachers e-mails when you have questions about the work or would like help getting started. Don't be afraid to reach out - they are still available for you



TAKE BREAKS

Do your work in blocks to lessen the strain. After finishing one lesson/assignment, take a short break before moving on. Consider getting some water, fresh air, or a healthy snack



CONNECT WITH YOUR SCHOOL'S INDIGENOUS EDUCATION STAFF

Connect with the Indigenous Support Staff at your school if you require any additional support/supplies.



Visit www.sd63.bc.ca and your school's website regularly for up-to-date information on education in our district.

School District 63 Indigenous Support Staff Contacts

Elementary

Brentwood

- ◆ Teacher - Lorelei McEvay lmcevay@saanichschools.ca
- ◆ Education Assistant - Charity Morris charitymorris@saanichschools.ca

Cordova Bay

- ◆ Education Assistant - Muriel Morris mmorris@saanichschools.ca

Deep Cove

- ◆ Education Assistant - Muriel Morris mmorris@saanichschools.ca

Keating

- ◆ Education Assistant - Muriel Morris mmorris@saanichschools.ca

KELSET

- ◆ Teacher - Robin Dupree rdupree@saanichschools.ca
- ◆ Education Assistant - Lola Garcia lgarcia@saanichschools.ca

Lochside

- ◆ Education Assistant - Sheralyn MacRae smacrae@saanichschools.ca

Prospect

- ◆ Education Assistant - Sheralyn MacRae smacrae@saanichschools.ca

Sidney

- ◆ Education Assistant - Muriel Morris mmorris@saanichschools.ca

Middle

Bayside

- ◆ Teacher - Gail Sam gsam@saanichschools.ca & Rae Dennett rdennett@saanichschools.ca
- ◆ Education Assistant - Penina Va'a - pvaa@saanichschools.ca

North Saanich

- ◆ Teacher - Dania Stachiw dstachiw@saanichschools.ca
- ◆ Education Assistant - Kennedy Williams kwilliams@saanichschools.ca

Royal Oak

- ◆ Education Assistant - Sheralyn MacRae smacrae@saanichschools.ca

Secondary

Claremont

- ◆ Education Assistant - Muriel Morris mmorris@saanichschools.ca

Parkland

- ◆ Teacher - Shannon Poon spoon@saanichschools.ca
- ◆ Education Assistant - Gina Horne ghorne@saanichschools.ca

Stelly's

- ◆ Teachers - Aimee Lampard alampard@saanichschools.ca & Doug Heinekey dheinekey@saanichschools.ca
- ◆ Education Assistants - Philip Tom ptom@saanichschools.ca and Tua Va'a tvaa@saanichschools.ca

ILC

- ◆ Education Assistant - Jeff Henson jhenson@saanichschools.ca

SIDES

- ◆ Education Assistant - Muriel Morris mmorris@saanichschools.ca