

The page features four vibrant, multi-colored paint splashes, each with a central black core and radiating streaks of red, orange, yellow, green, cyan, magenta, and purple. These splashes are positioned in the corners of the page, framing the central text.

Virtual Learning

Student Information

Symmes Junior & D'Arcy McGee High Schools

[school website](#)

Keep a Healthy Sleep Schedule

- Wake up early.
- Go to bed at a consistent time.

CLICK HERE

[How much sleep do I need?](#)



How Sleep Impacts

Your Brain

More efficient
thought process



Organizes new
information



Keeps your
body healthy

Solidifies your
memories



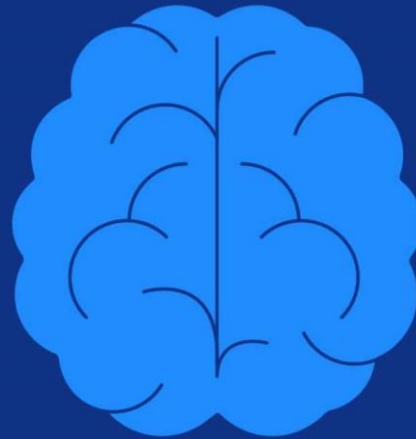
Regulates
your appetite



Leads to more
creative thinking



Clears out
harmful toxins



Practice a Healthy Daily Routine

- Eat a healthy breakfast
- Get dressed for the day
- Exercise your body and mind
- Review your daily notes
- Participate in your virtual learning experience





MINDFULNESS

CLICK HERE

[Daily Calm 10 Minute Mindfulness Meditation – Be Present](#)

Mindfulness is our basic human ability to be fully present, aware of where we are and what we are doing and not overwhelmed by what's going on around us.

Life can be stressful – take some time to relax.

Move Your Body



Exercise. Follow an online class.



Be Active. Take short active breaks during the day.



Stand up. Whenever possible or at least every 30 minutes.



Walk. Even in small spaces, walking around or walking on the spot, can help you remain active.

YOGA

CLICK HERE

[5 Minute Morning Yoga Stretch](#)



Create a Positive Learning Environment

- Kitchen Table / Office / Bedroom
- Remove distractions
- Be respectful to peers

Be Prepared

- Computer (fully charged or plugged in)
- Calendar / Agenda
- Pen & Paper



Be Present

- Arrive to class on-time and prepared
 - Attend class for full period
 - Pay attention to due dates & submission times
-
- **Ask Questions – Ask Questions ???**
 - ✓ Feel free to send a message to your teachers or reach out for additional support.



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To our students,

Have fun and enjoy the process.

Even though we are learning virtually from our homes, we all have the ability to make it as enjoyable as we desire. Make yourself comfortable, be active and remember to create a work environment that's fun for you.

- Leo Tchimanga
Special Education Technician