



Remote Learning Ready



UPDATE 3



ST JOSEPH'S
COLLEGE MILDURA

Congratulations

Well, you did it! You survived another week!

We are immensely proud of the way in which our students have approached online learning. It is different and there are challenges along the way but we are overcoming these as we learn how to navigate our new learning environment.

Routine Rewards

Adapting to any change means setting up a new routine. Health Direct recommends starting small and congratulating yourself when you reach milestones. [Read more.](#)

And if you find that you need help establishing a new study routine, Youth Central has excellent [tips](#) that suit students of all ages. Check the College's [website](#) for more tips from the Wellbeing Team.

Staring at a screen for long periods – tips for looking after your eyes

- Take regular breaks from staring at your screens in order to give your eyes time to rest and rehydrate. Your eyes actually blink differently when they're focused on screens, instead of blinking less, you don't blink completely. These blinking issues make it difficult for the eyeballs to stay moist. Every 20 minutes, look at something 6 metres away for 20 seconds. While doing that, make sure you blink completely.
- Adjust your screen's brightness. Bright screens can be irritating for your eyes, so turn down the brightness to as low a level as you can use while still seeing things clearly.
- Maintain proper space between your eyes and your screen. The closer the screen is to your eyes, the harder your eyes have to work to focus. You should be no closer than 40cm. (This includes mobile phones.)
- Be aware of your screen's position in relation to bright light or reflections which can irritate your eyes. If you have a big window in your work space, have it facing your back—assuming you don't have a reflective screen that will ricochet glare back into your eyes. If you do have a reflective screen, close the blinds.

Source: Markham Heid, Time Magazine



Remote Learning Ready



UPDATE 3



ST JOSEPH'S
COLLEGE MILDURA

Movement Matters

Are you getting your 30 minutes of daily exercise? If you feel sluggish and lacklustre, step away from your workspace and try these exercises to clear the mind and find a change of pace.

- Stand tall and draw your abdominal muscles in.
- Neck rolls: Moving through a comfortable range of motion, trace small circles with your head. 3 to the right & 3 to the left.
- Slow arm circles: 5 forward / 5 backward
- Rolldown to Forward Fold: Stand tall and soften your knees. Start to roll down slowly through your spine, moving vertebra by vertebra. 5 repetitions
- Squats x 10: Step your feet just wider than your hips. Keep your knees behind your toes and weight in your heels as you bend your knees and push them slightly outwards. Stop just above knee level.
- Lunges x 5 per leg: Make sure your front knee stays on top of your ankle.
- Push-ups x 10: Knees up or down, take your hands wider than your shoulders and lower only to elbow depth.
- Cat Stretch x 3: Round your back to the ceiling.
- Cow Stretch x 3: Hollow your back. Remember to keep pulling your abdominals inwardly.
- Twisting Bicycles x 10: Lie on your back with your knees over your hips and your lower back close to the floor. Draw your abdominals in and put your hands beside your ears. Twist through your midsection, taking your elbow towards your opposite knee.
- Bridge x 10: Place your feet on the floor and roll up from tailbone to shoulder blades.
- Seated twist: Sit cross-legged and stretch out after your workout. Hold each twist for 5 breaths per side.
- Return to your workspace with a clearer head and a re-energised body.

DISCLAIMER: Consult your physician before beginning any exercise program. If you choose to perform this routine, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injury. If you are injured, ill or have any other conditions (chronic or otherwise), you should not perform these exercises. To the extent permitted by law, St Joseph's College Mildura disclaims any and all liability for claims resulting from failure to comply with these warnings.