



# Remote Learning Ready



## UPDATE 3



## STUDENT FREE DAY

Next **Friday August 28** will be a Remote Learning Free Day for all our students. You will not be expected to email, log into SIMON or attend a Zoom or Google Classroom. Students that have been completing their remote learning on-site will stay at home on this day.

### A Sweet Treat

As part of the college's community connections Year 12 students will soon receive specially decorated sugar cookies while students in all other years will get to munch on white chocolate or chocolate biscuits with chocolate chips. We hope these sweet treats will help lift your spirits. Stay tuned for all the details!

### 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



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## 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.

*Fit and Focused* is a booklet which was completed during our remote learning time in Term 2. This booklet was done in collaboration with a Personal Trainer and Mrs Louise McGlashan. The publication provides a great program to become active and also has some fantastic healthy eating suggestions.

Read more [here](#).



**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.