



# Remote Learning Ready



## UPDATE 4



ST JOSEPH'S  
COLLEGE MILDURA

## School is important but so is your health

There will be times when you feel very proud of yourself, your resilience, and your ability to adapt to the many different ways to learn. The next day you may be tired and finding everything is a challenge. This crisis has shown us that there are many different responses to our learning and so it is not uncommon to have conflicted feelings. Take care of yourself and each other (from a safe distance of course).

### RUOK Practice of the Day

RUOK have some great advice for assisting us all during this period where some of us may be feeling uncertain, challenged and anxious. The first thing we should each focus on is our own mental and emotional health. Start your day with a self-check in by asking yourself the following questions:

1. *Am I ok (do I need to talk to someone, do I need help)?*
2. *What am I grateful for (list three things, focus on the good)?*
3. *What good am I going to do today (doing good for others builds our sense of purpose and hope)?*

Staying connected is positive for us individually and is a great way of looking out for others. Chat online and ask friends if they're OK. If you know people that live alone or might be doing it extra tough during this time, reach out with a friendly message asking them if they're OK. If they say they're fine but you're concerned they might be struggling, give them a call, ask again and let them know you're here for them. For tips on how to ask, visit

[www.ruok.org.au/how-to-ask](http://www.ruok.org.au/how-to-ask)

### Connection Cookies and Laptop Audit

As per Mrs Blythman's email earlier this week, don't forget to bring your laptop in to be checked and also pick up your cookies from Reception at the Enright Campus. The cookies are one small way we can let you know we are thinking of you. Another useful idea about shifting thinking and empowerment comes from The Hopefull Institute; in particular their [Quarantine Goals](#).



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### Laptop Maintenance and Email

Some students' data quota has been exceeded. Here is a link to a video that explains how to manage your outlook by using [the Mailbox Clean-up feature](#). If following the guidelines for mailbox clean-up on the YouTube/Link clip, please make sure you do not EVER do the Auto Archive.

In addition to mailbox maintenance all students need to shut down and restart your laptops daily, to ensure they reset themselves and complete any required updates automatically as part of this.

This is routine maintenance for the laptops that is no different to you getting a decent night's sleep so you can function correctly the next day.

Students have many, many tabs open and keep them open for days on end and all that does is clog up the laptop and continually slows down computers to the point where they become dysfunctional. It is necessary to ensure that you also shut down all tabs before turning the laptop off.

**Mr George Paolucci and Mr Greg Kluske**

