



Harrison Trimble High School

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Tips for a healthy and productive home learning day

It all starts with a good routine!



Wake up as you regularly would for school

- Maintain good habits that favour a good sleeping pattern (go to bed and wake up at the same time every day).
- Get dressed for school.
- Have a good breakfast.



Follow a regular school day schedule

- Plan your day following your school schedule.
- Connect to Teams to get the needed information from your teachers.
- Check your student Outlook email every day.
- Plan for small breaks throughout the day.
- Plan for lunch and eat a healthy lunch.
- Plan a time to do some physical activity.
- Plan a time to socialize with friends or family.



If time permits

- Read for 30 minutes.
- Explore extra educational resources (Khan Academy, etc.).
- Reflect on new projects to create.
- Connect to virtual extracurricular committee meetings happening that day.
- Work on your My Blueprint portfolio to explore post-secondary opportunities.



If possible, have a workspace at home that:

- Is well lit.
- Has a desk or table.
- Has internet access.
- Has a comfortable chair.
- Has an accessible device (please see here for more info:
https://www2.gnb.ca/content/gnb/en/departments/education/services/services_renderer.201514.Laptop_Subidy_Program.html)

