



1. Get to know the system

We know it can be challenging navigating this new platform. Take time to play around with it and get familiar with how to use it so that you feel confident to focus on your work.



2. Create a healthy workspace

Do your work in an environment that will help you focus. Find a quiet space, sit by a window if you can, and turn the lights up. Find a hard surface to sit at: a desk, the kitchen table, or a countertop. Try to avoid sitting on your bed, and leave that comfy spot for sleeping!



3. Have a routine

Do your best to follow a routine as if you were getting up and going to school. Get dressed, brush your teeth, and wash your face to help yourself wake up!



4. Manage your time with a schedule

Create a schedule for yourself so that your time is organized. You can follow the regular school day ([OHS Bell Schedule](#)), or create your own!

Sample schedule here: [Sample Schedule](#) [Create Your Own](#)



5. Fuel your brain

Make sure you are fueling your body and brain with healthy foods ([see these healthy meal ideas](#), or [see this article on healthy food for teens](#)). Try to eat at least three meals a day, start with a good breakfast, and drink plenty of water.



6. Take breaks

Be kind to yourself! Make sure you are getting your work done, but don't do it all at once. Remember to take breaks. Take a few minutes to go outside and get fresh air, have a snack, or stretch every so often. Include these breaks in your schedule! (See sample schedules above).



7. Check in with your peers

Remember, we are all in this together! Check in with your classmates via email or text. Ask each other for help and support. Video chat with each other to stay in touch!

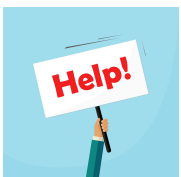
TAKE CARE



OF YOURSELF

8. Practice self-care

Take care of yourself and be sure to get good sleep! Do your best to go to bed by 10 pm, and avoid spending all night on your phone or computer. We need to rest our brains to have energy for the days to come! Keep yourself healthy, continue to wash your hands regularly, and try to keep your body moving. ([See this article on self-care ideas](#)). Remember, we also have our Wellness staff available if you need any additional support or resources. Please email [Miss Cristina](#) or [Miss Grace](#) for more information.



9. Ask for help

Never hesitate to ask for help. Oakmont teachers and staff are always here to support you! You can contact your teachers and counselors via email at any time Monday through Friday, and they will get back to you as soon as possible. You can find their emails through your Homelink, or search for any staff member here: [Staff Emails](#)