

Guide to Remote Learning at Malak Fahd Islamic School – 2021

“O Allah! There is no ease except that which You make easy, and indeed You, when You want, make grief and difficulties easy.” (Sahih Ibn Hibban #970)



BE PREPARED EACH DAY

- Be ready for learning each day, get up have breakfast and get dressed in time for lessons to begin.
- Follow your normal school timetable and be ready at the start of each lesson.
- Remove any distractions from your learning space



GET YOUR LEARNING SPACE READY

- Your learning space should be as quiet, tidy and comfortable as you can make it.
- Make sure your devices are charged and ready to use.
- Have your books and stationery ready for each lesson, just like you would at school.



REMEMBER YOUR LEARNING ETIQUETTE

- Be respectful of your teachers and peers as well as your family members in shared spaces. If you can, wear headphones during face-to-face lessons.
- During Teams lessons ensure your camera is turned off and unless you are talking make sure you are muted.
- Be an independent learner and ask when needed.



BE BALANCED AND HEALTHY

- Take planned rest breaks, using the usual recess and lunch break times will help.
- Remember to look away from your screen regularly.
- Manage your screen time carefully and minimise screen use for non-school activities.
- Eat well and keep well hydrated, avoid sugary and energy drinks.



BE PRODUCTIVE

- Use your time wisely and avoid distractions.
- Make sure all unnecessary technology is turned off, especially social media.
- Be an independent learner and ask for help when needed.



STAY CONNECTED

- Make sure you continue with your daily prayers.
- Go outdoors and connect with nature at the end of the day.
- If you are feeling anxious or overwhelmed reach out to your teachers.