



## THE SCHOOL DAY

The beginning of the school day can be a rush for everyone and helping your child to establish a routine in the morning and evening will help the day to start smoothly and with minimum stress.

Encourage your child to:

- Pack their own school bag and lay out their uniform before they go to bed each night. Checking if they need PE kit/cooking ingredients the night before will help avoid early morning panic and items being forgotten.
- Always eat a good breakfast.
- Allow plenty of time to get to school and build extra time into the morning routine so if there are transport problems they will still get to school for 8:45am and will not be late.

<b>8:45 - 9:00</b>	<b>Registration</b>
<b>9:00 - 10:00</b>	<b>Period 1</b>
<b>10:00 - 11:00</b>	<b>Period 2</b>
<b>11:00 - 11:20</b>	<b>Break</b>
<b>11:20 - 12:20</b>	<b>Period 3</b>
<b>12:20 - 13:20</b>	<b>Period 4</b>
<b>13:20 - 14:00</b>	<b>Lunch</b>
<b>14:00 - 15:00</b>	<b>Period 5</b>
<b>15:00 – 16:00</b>	<b>Period 6</b> Optional enrichment activities and revision sessions.