



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.

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