



## Suggested timetable for students, parents, and carers

A structured routine will help to keep some normality and stability during this time which will be unusual for us all. The aim of this timetable is to support your home life by:

- Establishing expectations of students
- Developing their confidence and independence
- Developing healthy minds and habits, relieving boredom
- Enabling students to practice what they've learnt in school as well as building new knowledge and securing understanding

*Ultimately, we want to support you in continuing our students' education whilst helping to bond in a difficult time*

<b>GOOD MORNING!</b>		Grab your breakfast, make your bed, get washed and dressed, check in with friends and family
<b>9.00 – 9.30</b>	<b>Exercise time</b>	The Body Coach on YouTube – Morning exercise for all the family. Keep active!
<b>9.30 – 9.45</b>	<b>Academic planning time</b>	Log on to school remote access 'student share' and plan your lessons for the day. As a guide, take a look at the subjects you would normally have on this day
<b>9.45 – 10.45</b>	<b>Academic time</b>	Start your lessons for the day
<b>10.45 – 11.00</b>	<b>BREAK</b> <i>(Go outside, speak to someone, take a screen break)</i>	
<b>11.00 – 12.00</b>	<b>Academic time</b>	Continue with lessons set by your teachers. If you get restless or are struggling to concentrate, take a 5 minute eye break
<b>12.00 – 12.30</b>	<b>LUNCH</b>	
<b>12.30 – 13.00</b>	<b>Chore time</b>	Help your family with jobs that need doing around the house – organise your room and keep it clean and tidy
<b>13.00 – 13.30</b>	<b>Reading</b>	Read a book or something on line, read through set texts for English or a magazine. You could read to a younger family member
<b>13.30 – 15.00</b>	<b>Academic time</b>	Choose a lesson from a creative subject; Art, Technology, Music, Drama, PE – as a guide, check what you would normally do in school on this day
<b>FREE TIME</b>	<b>Afternoon fresh air</b>	Go into the garden, go for a run, walk the dog, play with a pet, do some sport remembering to follow guidelines from the Government regarding keeping your distance from others
	<b>Social time</b>	Electronics now allowed! TV, create something new; paint, draw, knit, try a new craft, make a model of something – help a younger family member with LEGO or bake something
<b>17.00 – 18.00</b>	<b>DINNER</b> <i>(Help to make dinner or lay the table and clear away afterwards)</i>	
<b>FREE TIME</b>		Play and spend time together e.g. watch a film or play a game
<b>BEDTIME</b>		Read or listen to a podcast avoiding social media, and have a good night's sleep!