

Make the most of your day.

Look at your normal school timetable for the day. When you are completing assignments complete those with due dates for today and then choose assignments for subjects that you would normally have on this day.

Time	What could you be doing?
07:30 – 8:00	Set your alarm so that you wake up at a regular time. Try to keep a routine
8:00am – 8:30	<p>Sit and have breakfast. If you can, have breakfast with someone else and talk through anything that is worrying you and what you plan to do during the day.</p> <p>Try to eat a healthy breakfast, cereal (low in sugar) e.g. Weetabix, porridge, cornflakes and a piece of toast.</p> <p>Pop outside and get some fresh air before you start.</p>
9:00am – 10:00am	<p>Logon to Google Classroom. If you don't know any class codes check the school website under the "HOME LEARNING" menu.</p> <p>Try to be disciplined and put your phone out of reach. You can check it later.</p> <p>Check the calendar section and the "To Do" list to see if there are any particular tasks to do that day.</p> <p>Open up any tasks that you completed yesterday and read through them, test yourself. What can you remember? Do you need to post any questions?</p> <p>Open up a new task and work your way through it. Have a pen and paper next to you to make notes and to jot down any key points or questions that you might have. Try to keep these notes in order so that you can refer to them later.</p> <p>If there is a task or question to complete, do it and then "Hand it in".</p>
10:00am – 10:15	Have a short break, move around, check your phone and communicate with friends. See what tasks they are working through, help each other out if you can.
10:15 – 11:15	<p>Back to Google Classroom – review what you did earlier in the morning and then choose another task to have a look at.</p> <p>Try to be inquisitive, write down any questions that you have. Use the internet to search for extra information about the topic and add to the notes that you make.</p> <p>If you search the internet for information, add "KS3", "KS4" or GCSE in front of the information you are searching for e.g. "KS3 atoms and elements", "KS3 peasants revolt".</p> <p>Complete a task and hand it in.</p>
11:15 – 11:30	Make yourself a drink (try to stay away from sugary drinks, or drinks high in sweeteners) and a healthy snack. Go outside for some fresh air. Check in with friends.
11:30 – 12:30am	Complete another task. If there are no tasks with a deadline for today, look on your

	<p>“To Do” list on Google Classroom and look at an assignment with a due date for this week.</p> <p>If you completed a Maths and English assignment this morning, perhaps choose a creative subject for this hour.</p> <p>Try to be disciplined and only have browser windows open that are linked to the work in Google Classroom.</p> <p>Again, put your phone out of reach to avoid distractions. This is a good time to develop your self-discipline and motivation.</p>
<p>12:30 -1pm</p> <p>Lunchtime</p>	<p>Make yourself a sandwich and if you can eat a piece of fruit.</p> <p>Take a look at the healthy eating guide linked to below for guidance on what to include in your diet.</p> <p>Wash up your plate and glass and put them away.</p> <p>If you can and have someone to go with, take a walk, making sure to keep your distance from other people.</p> <p>A healthy diet and exercise are important for physical fitness and for positive mental health. It is also important to talk with people.</p>
<p>1pm – 2pm</p>	<p>Your fourth “Home Learning” session of the day. Logon to google classroom, review what you worked on this morning. On a blank word document, google doc page, or a piece of paper note down everything that you can remember.</p> <p>Then open up the lessons from this morning and see what you missed or could not remember and add it into your notes.</p> <p>You could think of questions and write yourself a mini test paper on the material: save these questions to answer later.</p> <p>Open up another assignment. Remember, look for assignments with due dates for today on your calendar and “To Do” list. Look at your school timetable and complete a task for a subject that you would normally have at this time for this day.</p>
<p>2pm – 2:10pm</p>	<p>Check your phone, message and speak with friends, have a drink, get up and move around</p>
<p>2:10pm – 3pm</p>	<p>Your final assignment of the day. If there is another task you can complete have a go, use the internet to find out more information. You could perhaps share what you have found out with your teacher.</p>

3pm – 5pm	<p>Relax, chat with friends on the phone and via video calls. Maintaining contact with other people is important.</p> <p>Exercise (ideas are on the website under “HOME LEARNING”). If possible, it is important to get some fresh air.</p> <p>Play computer games, read a book, learn a new skill.</p>
Evening meal	<p>All of this time at home is an opportunity to learn how to plan and cook a meal.</p> <p>Look at the ideas on the school website and cook a meal with the people you live with and then eat together and talk about your day. Tell them what you have been learning about and new things that you have discovered. If you are worried about anything, talk about it with family and friends.</p>
6:30pm onwards	<p>TV, games, social time online. Choose a TV series to start to watch together.</p> <p>Go for a walk. Enjoy the spring evenings – remember to keep away from groups.</p> <p>Avoid caffeinated drinks in the evening, they can make it difficult for you to get to sleep later.</p> <p>Start to read a book, and return to it every evening.</p>
Prepare for sleep	<p>8 to 9 hours of sleep is what you need to stay happy and healthy.</p> <p>Put your phone out of reach and turn it off. The light from your phone before bed could stop you from falling asleep and notifications will disturb you.</p> <p>Ready to sleep by 10:30pm, ready to be refreshed in the morning.</p>

Healthy eating guidance

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/742750/Eatwell Guide booklet 2018v4.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/742750/Eatwell_Guide_booklet_2018v4.pdf)

Sleep guidance.

<https://www.nhs.uk/oneyou/for-your-body/sleep-better/>