

Your Learning-from-Home Timetable for Years 11, 12 and 13 students



8.50 am	<i>Start the day.</i> It can be good to maintain your routine beginning at the same time every day. Having breakfast helps improve focus and attention throughout your day. Some people go for a walk before they start their school day to get outside and help get themselves prepared for learning.
8.50 – 11.20 am	<u>P1, P2 and P3</u> <i>Structured learning time.</i> Work through resources from your teachers. They will endeavour to have your tasks online by 10 am. You can be working either online or on paper. Focus on building the learning you already have. <i>Assignment work time.</i> Work on an assignment for one of your subjects. Send a short update to your teachers about what you have been working on.
11.20 am – 12 pm	<i>Morning break.</i> It's important to have breaks. Go outside, get active or do the dishes to clear your head.
12 pm – 1.40 pm	<u>P4 and P5</u> <i>Assignment work time.</i> Work on an assignment for one of your subjects. Send a short update to your teachers about what you have been working on.
1.40 pm	<i>Lunch.</i> Make sure you have a break and eat something nutritious. Keep drinking water.
2.20 pm	Your teacher will not give you work for P6 If you have work you are keen to complete, use this time-slot for that. Otherwise, help with housework, take younger family members for a walk or help with their learning, do some practical learning (like learning an instrument or baking) or work on hobbies.

In general:

- If you need help with learning or your routine, contact your Dean, Homeroom teacher or Subject teachers.
- Try to keep a schedule including regular breaks.
- Try to cover all of your subjects every two or three days.