

Your Learning-from-Home Timetable for Years 7 and 8 students



8.50 am	Start the day. It can be good to maintain your routine beginning at the same time every day. Try to get a good breakfast first. 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	<p>P1, P2 and P3 – Numeracy and Literacy Periods</p> <ul style="list-style-type: none"> - Literacy – Reading and Writing tasks - Numeracy – Mathematics <p>Structured learning time. Work through resources from your teachers. They will endeavour to have your tasks online by 10 am. <i>Note</i> Assignments are setup on the weekly tasks sheet. You can work either online or on paper. Focus on building on learning that you already have. Send a short update to your teachers about what you have been working on.</p>
11.20 am – 12 pm	Morning break. It's important to have breaks. Go outside, get active or do the dishes to clear your head.
12 pm – 1.40 pm	<p>P4 and P5 Social Science, Science, Arts, RE and Technology</p> <p>Assignment work time. Work on an assignment for one of your subjects. Send a short update to your teachers about what you have been working on.</p>
1.40 pm	Lunch. Make sure you have a break and eat something nutritious. Keep drinking water.
2.20 pm	<p>Your teacher will not give you work for P6</p> <p>If you have work you are keen to complete, use this time-slot for that. Otherwise, help with the 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.</p>

In general:

- Please do what you can and if one day you don't complete all tasks try to catch up the next day
- **If you need help with learning or your routine, contact your Dean, homeroom teacher or subject teachers**
- Try keep to a schedule including regular breaks
- Try to cover all of your subjects every two or three days