

School day routine

During time out of school it is very important that you try to stick to a normal school day routine as far as possible.

This includes:

- Setting your alarm clock to an appropriate time to get up
- Getting washed, brushing teeth and getting dressed
- Having breakfast

Also:

- Turn the TV off
- Put your phone on silent while you're working
- Keep snacks to breaktime/lunchtime

An example of a timetable and timings for Years 7,8 and 9

Key Stage 3	Monday	Tuesday	Wednesday	Thursday	Friday
9.15am-10.15am	Maths	Science	HUMS	Creative	ACTIVE
10.15-11.15am	Maths	Language	ICT	Creative	English
11.15-11.30am BREAKTIME					
11.30-12.30pm	Science	ICT	English	Maths	ACTIVE
12.30-1.30pm LUNCHTIME					
1.30-2.30pm	HUMS	English	Creative	Language	Maths
2.30-3.30pm	ACTIVE	HUMS	Science	ICT	English

HUMS - History Geography, RE,
CREATIVE - Music, Art, Technology
Active - PE/Mindfulness (Youtube has some excellent links!)
Language - French/Spanish
ICT - Computers

An example of a timetable for Years 10 and 11

Key Stage 4	Monday	Tuesday	Wednesday	Thursday	Friday
9.15am-10.15am	Maths	Science	OPTION	Creative	ACTIVE
10.15-11.15am	Maths	OPTION	OPTION	Creative	English
11.15-11.30am BREAKTIME					
11.30-12.30pm	Science	OPTION	English	Maths	ACTIVE
12.30-1.30pm LUNCHTIME					
1.30-2.30pm	OPTION	English	Creative	OPTION	Maths
2.30-3.30pm	ACTIVE	OPTION	Science	OPTION	English

OPTION	
CREATIVE - Music, Art, Technology	
Active - PE/Mindfulness	

A reminder how to navigate to your schoolwork on-line: Go to school website 'Whitburn Academy', click on 'Pupils' in top right corner then scroll down to your year group closure work!

Do try to stick to 5 lessons per day as much as possible. Remember – you have evenings, weekends and school holidays to 'chill' and watch TV! Use 'school time' wisely.