



## STRUCTURE OF THE DAY

In order to assist the learning process for students and staff, the following structure is provided. To the best of their ability, students should follow this as a timetable for the day.

- Students and teachers will continue to follow their Week A and Week B timetable
- Please note the period times below
- Daily preparation will take place for students between 8:30am and 8:45am each school day, where students will get ready for the day ahead.
- Periods will be 45-minutes in length, with 15 minutes transition between each lesson.



### Online Interaction:

Normal disciplinary measures will be enforced for any student who does not comply with the Student Laptop Computer Protocols, particularly regarding interactions with peers and staff.

## TIMETABLE – Monday/Tuesday/Wednesday/Thursday

LESSON	ACTIVITY
Before School	<ul style="list-style-type: none"> <li>• Wake up each day at a reasonable time to avoid rushing</li> <li>• Eat breakfast and complete usual morning routine tasks</li> <li>• Put on smart casual clothing (not PJ's)</li> </ul>
Student Daily Preparation 8:30am – 8:45am	<ul style="list-style-type: none"> <li>• Prepare your physical environment for learning – sit at a desk or table with good posture.</li> <li>• Check Compass</li> </ul>
Homeroom 8:45am – 9:00am	<ul style="list-style-type: none"> <li>• Check in with homeroom teachers on Teams.</li> </ul>
Period 1 9:00am – 9:45am	<ul style="list-style-type: none"> <li>• Participate and engage in all learning activities</li> <li>• Avoid any distractions (ie mobile phones, tv etc...)</li> </ul>
15-minute Break	9:45am – 10:00am
Period 2 10:00am – 10:45am	<ul style="list-style-type: none"> <li>• Participate and engage in all learning activities</li> <li>• Avoid any distractions (i.e. mobile phones, tv etc...)</li> </ul>
Break 1 10:45am – 11:15am	<ul style="list-style-type: none"> <li>• Step away from the computer or screens</li> <li>• Eat something substantial</li> <li>• Take some time to refresh e.g. Go outside briefly for fresh air</li> </ul>
Period 3 11:15am – 12:00pm	<ul style="list-style-type: none"> <li>• Participate and engage in all learning activities</li> <li>• Avoid any distractions (i.e. mobile phones, tv etc...)</li> </ul>
15-minute break	12:00pm – 12:15pm
Period 4 12:15pm – 1:00pm	<ul style="list-style-type: none"> <li>• Participate and engage in all learning activities</li> <li>• Avoid any distractions (i.e. mobile phones, tv etc...)</li> </ul>
Break 2 1:00pm – 1:20pm	<ul style="list-style-type: none"> <li>• Step away from the computer and screens</li> <li>• Eat something light</li> <li>• Take time to refresh.</li> </ul>
Period 5 1:20pm – 2:05pm	<ul style="list-style-type: none"> <li>• Participate and engage in all learning activities</li> <li>• Avoid any distractions (i.e. mobile phones, tv etc...)</li> </ul>
10-minute break	2:05pm – 2:15pm
Flexible Learning 2:15pm – 3:15pm	<ul style="list-style-type: none"> <li>• Participate and engage in pre-arranged meetings with teachers</li> <li>• Independent learning time completing projects and set tasks</li> <li>• Connect with teachers where needed</li> <li>• Avoid any distractions (i.e. mobile phones, tv etc...)</li> <li>• Suggested activities – reading 30 minutes/wellbeing initiatives/house competitions</li> </ul>
After School	<ul style="list-style-type: none"> <li>• Take a break and do something active and/or creative</li> <li>• Take time to socialise in different ways (i.e. online or with other household members)</li> </ul>

## TIMETABLE – Friday

LESSON	ACTIVITY
Before School	<ul style="list-style-type: none"> <li>• Wake up each day at a reasonable time to avoid rushing</li> <li>• Eat breakfast and complete usual morning routine tasks</li> <li>• Put on smart casual clothing (not PJ's)</li> </ul>
Student Daily Preparation 8:30am – 8:45am	<ul style="list-style-type: none"> <li>• Prepare your physical environment for learning – sit at a desk or table with good posture.</li> <li>• Check Compass</li> </ul>
Homeroom 8:45am – 9:00am	<ul style="list-style-type: none"> <li>• Check in with homeroom teachers on Teams.</li> <li>• Reflective Prayer</li> </ul>
Period 1 9:00am – 9:45am	<ul style="list-style-type: none"> <li>• Participate and engage in all learning activities</li> <li>• Avoid any distractions (ie mobile phones, tv etc...)</li> </ul>
15- minute Break	9:45am – 10:00am
Period 2 10:00am – 10:45am	<ul style="list-style-type: none"> <li>• Participate and engage in all learning activities</li> <li>• Avoid any distractions (ie mobile phones, tv etc...)</li> </ul>
Break 1 10:45am – 11:15am	<ul style="list-style-type: none"> <li>• Step away from the computer or screens</li> <li>• Eat something substantial</li> <li>• Take some time to refresh e.g. Go outside briefly for fresh air</li> </ul>
Period 3 11:15am – 12:00pm	<ul style="list-style-type: none"> <li>• Participate and engage in all learning activities</li> <li>• Avoid any distractions (i.e. mobile phones, tv etc...)</li> </ul>
10- minute Break	12:00pm – 12:10pm
Flexible Learning 12:10pm – 1:10pm	<ul style="list-style-type: none"> <li>• Participate and engage in pre-arranged meetings with teachers</li> <li>• Independent learning time completing projects and set tasks</li> <li>• Connect with teachers where needed</li> <li>• Avoid any distractions (ie mobile phones, tv etc...)</li> <li>• Suggested activities – reading 30 minutes/wellbeing initiatives/house competitions</li> </ul>
<b>END OF DAY FRIDAY</b> <ul style="list-style-type: none"> <li>• Take time to socialise in different ways (i.e. online or with other household members)</li> <li>• Be active</li> <li>• Help out with all the at home tasks. E.g. Unpack the dishwasher, fold some washing</li> <li>• Enjoy your weekend!</li> </ul>	