



Wednesday 18<sup>th</sup> March 2020

Dear Parents/Carers

Here is a suggested schedule for you to use whilst children are either self-isolating or for when school may need to close.

Please feel free to amend this to suit your family needs. We hope this helps you provide some structure to the day, alongside bringing back some basics of childhood and learning life skills.

<b>Suggested COVID-19 Daily Schedule</b>		
Before 9:00am	Wake Up	Eat breakfast, make your bed, get dressed.
9:00-10:00	Exercise Time	Family walk, play in the garden, Joe Wicks/ Go noodle website, dancing, fitness time
10:00-11:00	Academic Time	Work set by school
11:00-12:00	Creative Time	Lego, drawing, crafting, playing music, sewing, cooking, baking, etc.
12:00	Lunch	
12:30	Chore Time	Set the table, tidy bedrooms, sort out laundry, dust, feed the pet, helping grown ups etc. 😊
1:00-2:30	Quiet Time	Reading, puzzles, audio books, mindfulness activities.
2:30-4:00	Academic Time	Work set by school. Visit various educational websites as suggested by school.
4:00-5:00	Afternoon Fresh Air	Bikes, scooters, walk the dog, play outside, gardening.
5:00-6:00	Dinner	
6:00- onwards	Family time/Free time	Board games, card games, TV, film, device time.
You to decide...	Bedtime	All kids – bedtime story.

More details will follow on “Academic time” tasks shortly.

Mrs Sarah Crowther  
 Headteacher

