


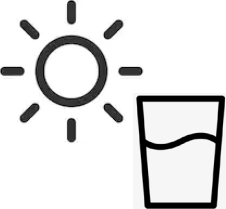










PENDLE COMMUNITY HIGH SCHOOL & COLLEGE

Suggested daily routine for those at home

8:00am		Get up, wash, dress, eat breakfast, brush teeth, make bed, tidy room.
9:00am		Physical activity: Shake and wake/ dance to music.
9:30am		Work from school pack, activities on purple mash, or other web links etc.
11:00am		Break Big drink of water, healthy snack, go outside, fresh air or walk for 20 minutes.
11:30am		Relaxation / mindfulness, reading / listening to story, music etc.

12:30pm		Lunch Physical activity: Shake and wake / dance to music, go outside fresh air or walk for 20 minutes, brush teeth.
1:30pm		Work from school pack, activities on purple mash, or other web links etc.
2:30pm		Play Board games, colouring, card games, listening to story, reading together.
3:30pm		Break Drink, healthy snack, go outside fresh air or walk for 20 minutes. Physical activity Shake and wake / dance.
4:00pm		After school / college routine / activities.