

Shape of the Day: **Years 7 - 10**

We will continue to follow our regular order of lessons but have adjusted our times to better support learning for all students in an online environment.

Time	Activity	Length
Before School	<p>Try to get up at the same time you would on a normal school day. Help around the house:</p> <ul style="list-style-type: none"> • Make your bed, unpack the dishwasher, help with household chores <p>Prepare for the School Day:</p> <ul style="list-style-type: none"> • Make a note of any questions for your teachers • Make sure you are dressed appropriately for school • Have breakfast • Check your online resources are accessible (Canvas, Zoom, Box of Books/Edrolo, Email) • Make sure your device is charged • Organise your desk space • Fill your water bottle • Have pens, paper, books and any other resources ready • Check your timetable for the day • Check the Canvas announcement for your Period 1 class 	
8:45am	Period 1 (Period 1 includes an additional 5 minutes for Prayer/Reflection)	55 Minutes
9:40am	Changeover / Stretch / Get some air	10 Minutes
9:50am	Period 2	50 Minutes
10:40am	Break Screen Free/Active Time	25 Minutes
11:05am	Period 3	50 Minutes
11:55am	Changeover / Stretch / Get some air	10 Minutes
12:05pm	Period 4	50 Minutes
12:55pm	Changeover / Stretch / Get some air	5 Minutes
1:00pm	Days 2 & 7 only - Period 5: Community Time (PG/Assemblies/etc.)	20 Minutes
1:20pm	Lunchtime Screen Free/Active Time	40 Minutes
2:00pm	Period 6 Individual Learning Time – finishing off work from your classes, completing homework/assessments, study, preparation for lessons the next day, opportunity to contact teachers via email for clarification or support	65 Minutes
After School	<p>Be Active – go for a walk or a run or do some yoga.</p> <p>Be Creative – knit, bake, sew, do some craft, write, read, imagine, paint, do a puzzle, etc.</p>	