



Long Sutton County Primary School
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Headteacher: Mr B Lord

Suggested structure for days at home

This document is **not** intended to tell you how to organise life at home but we have looked at advice from other schools and organisations and put together some thoughts onto how to make long days run as smoothly.

We are aware that some families are not able to access online resources all of the time and so we are hopeful that we have sent home enough paper based work.

This advice is taken from London Grid for Learning's advice:

Before 9:00	WAKE UP	Eat breakfast, make your bed, wash and get dressed, tidy room.
9:00 – 10:00	MORNING WALK / ACTIVITY TIME	Walk around the local area or use a site like Go Noodle for indoors exercise
10:00 – 11:00	ACADEMIC TIME	Use the pack from school to undertake tasks (don't use the online activities)
11:00 – 12:00	CREATIVE TIME	Doing something creative such as drawing, making lunch, lego, reading, painting, modelling etc
12:00	LUNCH	
12:30	CHORE TIME	Wipe down table and chairs Wipe all door handles, light switches and table tops Wipe down bathrooms
1:00 – 2:30	QUIET TIME	Reading, puzzles, nap etc
2:30 – 4:00	ACADEMIC TIME	Look at school packs or use online resources as advised by school
4:00 – 5:00	AFTERNOON FRESH AIR	Walk in local area, ride a bike or scooter, play outside or use Go Noodle exercises
5:00 – 6:00	DINNER	
6:00 – 8:00	FREE TIME	Television, gaming, shower or bath
8:00	BEDROOM AND BED TIME	Reading in bed.

E-Safety

During a time of isolation, please be highly aware of eSafety and who your child is communicating with online. Here is some advice on **Digital 5 a day** <http://bit.ly/2QfCEaL>

We have also sent an eSafety advice poster in your pack.

How about choosing different songs to wash your hands to using www.washyourlyrics.com



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