

One Tree Hill College Year 10 Junior Timetable

4th May 2020 (Term 2 Week 4) onwards

| Time | Activity |
|-------------------|--|
| 7.45am – 8.45am | Wake up, make your bed, eat breakfast and get dressed. Go for walk/run. Youtube JustDance /workouts if weather is bad or 15 minutes of Yoga with Adrien |
| 8.45am - 9.00am | Log in to Office 365. Go into your Whanau Class Notebook and mark your attendance for the day. Check emails in Outlook, respond to any emails from teachers as needed. Open the Year 10 Digital 2020 Notebook : <ul style="list-style-type: none"> • Check the daily notices • Check each subject Home Page for key information and weekly outline. Make a plan for your two learning slots for the day. |
| 9.00am- 11.00am | LEARNING SLOT ONE 2 hours – you choose the subject(s) you want to work on |
| 11.00am – 11.30am | Morning Tea Break. Walk/run outside if possible. |
| 11.30am - 1:30pm | LEARNING SLOT TWO 2 hours – you choose the subject(s) you want to work on |
| 1:30pm – 2.30pm | Lunch Break. Walk/run or play some sport outside if possible or facetime a friend |
| 2.30pm – 2.45pm | Finish off any work from Learning Slots One and Two Submit any required work to teachers Email teachers if you have any questions or need help. Make a plan for tomorrow |
| 2.45pm-3:30pm | Listen to an educational podcast! Try Brains On If you like science, Forever Ago if you like history, or Goodnight Stories for Rebel Girls if you like biographies OR Reading – read fiction or non-fiction or listen to an audio book OR Art/Dance/Music/Cooking OR Board or card game with siblings |
| 3:30pm-9.00pm | Relax, go outside, work on passions, time with family/chores. Before bedtime – listen to a Peace Out podcast story if you need help relaxing |
| 9.00pm-10.00pm | Lights out, time to sleep. (phones and devices off and out of room at least 30 mins before you need to be asleep) |

Tips

- Keeping to a routine is important. Use a timer on your laptop to signal when your breaks start and stop <https://vclock.com/>
- If you get stuck with work set or can't find something, do not panic, email your teacher or the subject contact and then move on to another topic/subject. You can always come back to the work at another time.
- If you are feeling anxious or worried, talk to an adult at home or over the phone. The school counsellors are available for online counselling. Please see the Student Services tab of the [Year 10 Digital Notebook](#) for details.