

One Tree Hill College

Year 13 Senior Timetable

4th May 2020 onwards (Term 1 Week 4)

Time	Activity
7.30am - 8.00am	Wake up, make your bed, eat breakfast and get dressed. Go for walk/run. If the weather is bad try 15 minutes of Yoga with Adrien
8.00am -8.45am	8AM Classes only
8.45am - 9:00am	Log in to Office 365 Mark your daily attendance in your <i>Whānau Class Notebook</i> Check emails in Outlook, respond to any emails from teachers as needed. Open the Level 3 Digital 2020 Notebook: <ul style="list-style-type: none"> • Check the daily notice • Check each subject home page for key information and updated tasks. Make a plan for your day.
9:00am- 10.00am	PERIOD 1
10.00am-11.00am	PERIOD 2
11.00am – 11.30am	Morning Tea Break. Walk/run outside if possible.
11.30am - 12:30pm	PERIOD 3
12.30pm-1.30pm	PERIOD 4
1.30pm – 2.30pm	Lunch Break. Walk/run or play some sport outside if possible or facetime a friend
2.30pm – 3.30pm	PERIOD 5
3:30pm-10.00pm	Chores/jobs at home to help parents Relax, go outside, work on passions, time with family. Try a meditation exercise to help you relax ready for sleep
10.00pm -10.30pm	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.
- Teachers will be available during the day for emails, phone calls and video meetings with you. Give them 24 hours notice that you would like to talk to them by sending an email and they'll arrange a suitable time for a call/ video meeting. When requesting a phone call or video meeting be as specific as possible as to what you need help with – email your questions or the information you need clarified.
- 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 [Level 3 Digital 2020](#) Notebook for details.