

MOVING TO SECONDARY

Activities to do with your family over the
transition to Stepney All Saints School

Part 4: Routines



STEPNEY ALL SAINTS

— LEARN - PRAY - ACHIEVE —


ROUTINES



Your routine will change when you start secondary school. Talk together and try and work out what your new routine will look like.

Roughly fill in your routine for a school day. Write down what you will do and when in the boxes below.

My school day routine

Time to wake up 

Washing 


Getting dressed

Breakfast

Brushing teeth 


Leaving for school

Arrive at school

End of school 

After school clubs/sports

Arrive home 

Homework 

Evening meal

Leisure / family time

Get bag ready for next day

Brushing teeth

Bedtime 

You can write your own routine in here in you prefer!

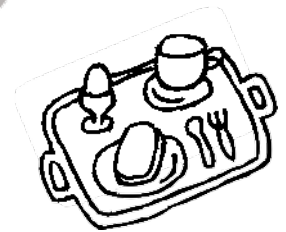
Times

3pm

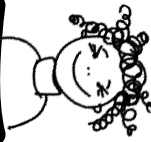
ROUTINES

Some top routine tips . . . follow and you can't go wrong!

1. Sleep is really important to you when you are growing up. Teenagers need between 8-10 hours' sleep a night.
2. Breakfast is the most important meal of the day. It provides you with the energy you will need to get learning!
3. Make sure all your belongings have your name on e.g. your bag, blazer, etc.
4. Pack your bag the night before – always use your planner and timetable to help you. You will be given a Stepney All Saints planner on your first day.
5. Set the alarm clock leaving enough time to have breakfast, and make sure you are clean, and smart wearing the correct uniform.
6. Leave the house with plenty of time for your journey to school.



ROUTINES



Keeping healthy and
Screen Time

It's very important to agree on how much time you will spend on screen especially once secondary school starts and how to keep safe. Make an agreement together. For things to think about see the bubbles below:

SCREEN TIME

A large blue rectangular area with a dotted orange border, containing four horizontal lines for writing. The numbers 1, 2, 3, and 4 are written vertically on the left side of the lines. A blue paperclip is attached to the top right corner of the area.

Hours watching TV

Use of social media and settings

Being on the phone e.g. meal times

Stopping screens before bedtime

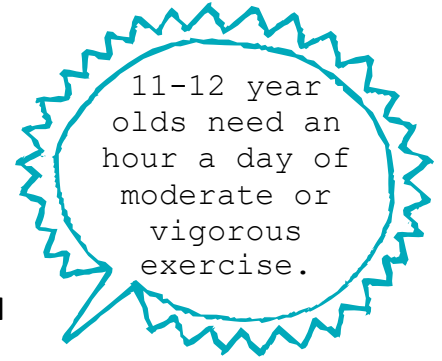
Playing computer games



Be smart on the internet



ROUTINES



Record of exercise taken over the summer holidays

Remember: to be ready for secondary school you need to be healthy and fit. Keep a record of exercise you have taken over the summer holidays and any family members that have been involved



Date	Exercise	For how long?	Any other family members involved?

Think about how you will continue to exercise when term starts.