



# PUNCTUALITY

Good time keeping means...

- *Being in school, on time, every day and ready to learn.*

If you are struggling to get to school on time,  
the night before you might like to try...



- Getting everything your child needs for school ready the night before- If your child brings a packed Lunch to school - make it the night before.
- Turn off electronic devices 30 minutes before sleep. If your child uses your phone before bed download a blue filter app to look after their eyes.
- Set alarm with plenty of time to spare.
- Research shows children 5 -11 years old need *9-11 hours sleep a night*. Your child should be in bed before 9 pm.



Also, in the morning you might like to try...



- Getting out of bed as soon as your alarm goes off.
- Make sure your child has a nutritional, but quick breakfast. Fruit, toast and healthy cereals are perfect and will give your child enough energy to last to Lunch time.  
*(REMEMBER: School has a breakfast available from 8am)*
- Keep an eye on the clock and don't waste time

