

Our Lady's GNS Ballinteer – School Closure 2020

Dear Parents/Guardians,

The following suggested timetable is for any families who would like to have a bit more 'structure' to the day – no doubt it is very challenging having children cooped up at home all day long. The children are already used to a similar structure from their school day. If this timetable helps you, great! If you prefer to do your own thing and you already have your own routine established, please do whatever works for you. We find in school that keeping to a routine helps us all stay sane! Many thanks again for your cooperation.

Our Lady's GNS

Suggested Daily Timetable

8.00 – 9.00 am

Morning routine – get up – get dressed – breakfast – teeth – ready!

9.00 – 10.15 am

School Work (See suggestions from your teacher & additional activity suggestions)

10.15 – 10.30 am

Little Break – Snack time! – Eat – Help tidy up!

10.30 – 11.00 am

Outdoor Play or Indoor Active Break (Go Noodle)

11.00 am – 12.15 pm

School Work (See suggestions from your teacher & additional activity suggestions)

12.15 – 1.00 pm

Big Break – Lunchtime! – Eat – Help tidy up! – Outdoor Play or Indoor Active Break

1.00 – 2.00 pm

Golden Time – Play 'table top' games – board games, jigsaws, puzzles, Lego, arts & crafts, reading

2.00 – 3.00 pm

Get Active! – practise your skills in soccer, Gaelic football, cycling, camogie, basketball, Go Noodle dancing, go for a walk, run or jog! (inside or outside depending on what your family decide is best)