



St. Benedict's College

Suggested Weekly Timetable, beginning 23rd March for Years 8, 9 & 10				
Monday	Tuesday	Wednesday	Thursday	Friday
Maths, Home Economics, Literacy	Science, Geography, LLW	History, French, T&D	English, Art, R.E, ICT	Performing Arts, Numeracy, Irish
Suggested daily routine				
Before 9am	Wake up	Make your bed		
9.00 - 9.30	Breakfast			
9.30 - 10.00	Morning walk or exercise			
10.00 - 11.00	Academic time	Work on subjects timetabled above - No Mobile phone		
11.00 - 12.00	Creative time	Making/Listening to Music, Baking, Cooking, Drawing		
12.00 - 12.45	Lunch			
12.45 - 1.00	Helping at home	Wipe all kitchen table and chairs, wipe all door handles, light switches and desktops, wipe bathrooms - sinks and toilets.		
1.00 - 2.30	Quiet time	Reading, Naps		
2.30 - 4.00	Academic time	Work on subjects timetabled above and independent learning - No Mobile phone.		
4.00 - 5.00	Afternoon	Bikes, fresh air, walk the dog, play outside		
5.00 - 6.00	Dinner			
6.00 - 7.00	Academic time /Homework	Use PCs, iPads, Mobile Phones to aid learning and complete homework.		
7.00 - 9.30	Free time	Do what you like to do		
9.30	Bedtime			

REMEMBER

SOCIAL DISTANCING IS IMPORTANT TO KEEP YOURSELF AND OTHERS SAFE