St Fintan’s NS Mayglass

(suggested) Covid 19 Timetable

As we are in unchartered waters, please do what works for you. Also, if it comes from us in school, your child may be more inclined to stick to a timetable – routine is the key here.

Mix academic work with lots of active work and read, read, read with and to your child – all the way up to 6th class.

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| **9.00 – 10.00** | **Help to clean up after breakfast. Make sure the room is tidy.**  **Walk, trampoline, run, jump.**  **If it’s raining, do a gonoodle (try to get this on your TV if you have a smart TV)** |
| **10.00 -11.00** | **Academic work – as set by your teachers.** |
| **11.00 – 11.15 -** | **Little break - outside if possible. Kick a ball etc** |
| **11.15 -12.00** | **Creative time – lego, drawing, write a song, make an instrument, create a monster out of the contents of the recycling bin. Make a video, make a card for Nana …There is NO END to the ideas available online.** |
| **12.00 – 12.30** | **Do something to help in the house/garden – tidy your room, help make the lunch, dust etc…** |
| **12.30 – 1.00** | **Lunch** |
| **1.00 – 2.00** | **Academic work – as set by your teachers. This will vary hugely from infants – 6th.** |
| **2.00 –** | **PE: Out, out, out!**  **Find PE skills on Hurling 365 sheet sent out with this timetable.** |
| **At some stage every day** | * **Read to your child and have them read aloud to you/ to little brother or sister/the dog** * **SESE: Find and investigate something new in the ditch/garden every day** |