

PUNCTUALITY

IF ANY OF THESE SOUND FAMILIAR THEN IT'S TIME TO FIX YOUR TIMEKEEPING!

My alarm clock exploded and I slept through it.

I was abducted by aliens - look I've got a note to prove it!

I'm fairly sure school starts at 10:00 - maybe I'm early?

The bus driver got off at the stop before mine.

5 minutes late per day,
every day of the week adds up to 3 days of lost school time.

10 minutes
=
6.5 days
lost per
school
year

15 minutes
=
10 days
lost per
school
year

20 minutes
=
13 days
lost per
school
year

30 minutes
=
19 days
lost per
school
year

WHAT TO DO THE NIGHT BEFORE

- Get everything you need for school ready.
- Set your alarm with plenty of time to spare.
- If you bring your lunch to school - make it now.
- Turn off electronic devices 30mins before sleep.
- If you use your phone before bed download a blue light filter app to look after your eyes.
- Remember that people aged 11 - 16 need 8 - 10 hours of sleep!

WHAT TO DO IN THE MORNING

- Get out of bed as soon as your alarm goes off.
- Have a shower first thing - it will wake you up!
- Have a nutritional, but quick, breakfast. Fruit, toast and healthy cereals are perfect and will give you enough energy to last to lunch time.
- Keep an eye on the clock and don't waste time.
- If you wait for friends, don't wait if they are late.
- If you're late - don't make excuses - we've heard them all before and honesty works much better!

