



In all things faithful

St Damian's RC Science College

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Headteacher

Mr S Logue BA (Hons), M.Ed., NPQH

Self-isolation timetable

Time	Task/ Subject Lesson	Lesson Objective/ Title	Extra Notes
8:00 am	Wake up		
9:00am	Log into Teams		Check for teacher notifications
9:20 am	Period 1		
10:20 am	Period 2		
11:20 am	Break		Have a drink & a have a snack
11:35 am	Period 3		
12:35 am	Period 4		
1:30 pm	Lunch		Have a drink & eat a healthy lunch
2:10 pm	Period 5		
3:10 pm	End of School Day		Reward yourself
4:15 pm	Subject Revision		
5:00 pm	Subject Revision		
5:45 pm	Dinner		
6:30 pm	Subject Revision		
7:15 pm	Finished work for the day		Spend time with family/ play on console (XBOX/ PS4), watch Netflix
10:30 pm	Go to sleep (at a reasonable time)		

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