



In all things faithful

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Pupil Self-Isolation Weekday Timetable

- In this page you will find a sample of a self-isolation timetable
- Pupils will find this useful as it is a way to stay on track
- Parents to check on their child's daily progress
- KS4 pupils must stay on top of our work in all our subjects now more than ever
- Motivation is key. Having a timetable and following it daily makes us feel accomplished
- Taking breaks and giving yourself small rewards after tasks keeps you determined
- Eating healthily and drinking plenty of fluids throughout the day also helps.

Example of a self-isolation timetable

Time	Task/ Subject Lesson	Lesson Objective/Title	Extra Notes
8:00 am	Wake up		Shower and Breakfast
9:00am	Log into Teams		Check for teacher notifications
9:20 am	Period 1 (e.g. English)	Poetry – Bayonet Charge	Annotations and Context
10:20 am	Period 2 (e.g. Maths)	Circle Theorems	Maths watch Task
11:20 am	Break		Have a drink & a snack
11:35 am	Period 3 (e.g. Religion)	Crime and Sin	Make notes from PowerPoint
12:35 am	Period 4 (e.g. Science)	Bio – B8a Diffusion	Make notes from PowerPoint + Worksheet
1:30 pm	Lunch		Have a drink & eat a healthy lunch
2:10 pm	Period 5 (e.g. Food Tech)	Macronutrients	Make notes from textbook + questions
3:10 pm	End of School Day		Reward yourself (e.g. PS4, cooking, hobby)
4:15 pm	English Revision	Review Lesson	Make revision notes (e.g. flashcards on context)
5:00 pm	History Revision	Weimar Germany	Practice Exam Style Questions
5:45 pm	Dinner		
6:30 pm	Science Revision	Review Lesson	Make revision notes (e.g. flashcards on processes)
7:15 pm	Finished work for the day	Chill	Spend time with family/ watch Netflix
10: 30 pm	Go to sleep		

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