



# Holy Trinity College

9-29 Chapel Street  
 COOKSTOWN  
 Co Tyrone  
 BT80 8QB

Principal: Mrs I Russell BA (Hons) MTD PQH (NI)

*A Specialist Sports and English Academy*

## Saturday Timetable

Before 9.00am	Home Economics	Wake up - it's a beautiful morning!  Make breakfast for everyone, make your bed, get dressed and brush your teeth
9.00am – 10.00am	Religious Studies  PE	Thank God for a new day  1K walk / jog around the house
10.00am -11.00am	Agriculture	Cut the grass and tidy the garden
11.00am – 12.00pm	Engineering	Master those household appliances (the fridge doesn't count!)
12.00pm – 1.00pm	Geography	Navigate your bedroom and tidy it up
1.00pm – 1.30pm	Biology	Wash your hands for 20 seconds - don't touch your face - enjoy your lunch!
1.30pm – 2.30pm	Chemistry	Reach for the disinfectant – if you can dirty it, you can clean it. Remember to wash those hands!
2.30pm – 3.30pm	Dance	Check out the triangle dance challenge
3.30pm – 4.00pm	English	Put away your mobile and pick up your favourite book
4.00pm – 5.00pm	Drama	Play a game of charades
6.00pm – 7.00pm	Maths	Grab those scales - get measuring to cook up a (tasty!) storm in the kitchen
7.00pm – 9.00pm	Extra-curricular activities	Social media – stay in touch with friends
9.00pm – 11.00pm	Personal Development	Digital detox - relax - de-stress - reward yourself with a good night's sleep.  Thank God for the health and safety of your family  Lights out – time to sleep!