



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

Weekly Routine

Before 9.00am	Wake Up	Eat breakfast, make your bed, get dressed, brush your teeth, tidy bedroom, morning prayer for all those you love
9.00am – 10.00am	Morning exercise	Walk / Jog / Cycle - by yourself / immediate family, yoga, aerobics, PE with Joe Wicks – Body Coach or walk the dog - but, maintain a safe distance from everyone else!
10.00am -11.00am	Academic time	NO ELECTRONICS – Sudoku, books, crosswords, read novel, subject text books & learning resources, mental maths activities
11.00am – 12.00pm	Creative time	Craft, drawing, play music, cook, bake, write a story, update your diary etc Help your younger brothers/sisters with their work
12.00pm	Lunch	
12.30pm	House chores	A – wipe all kitchen surfaces, table and chairs B – wipe all door handles, light switches, desktops C – clean bathroom sink and toilet
1.00pm – 2.30pm	Quiet time	Reading, puzzles, nap, listen to music
2.30pm – 4.00pm	Academic time	Online subject work – laptop, ipad, online resources – Don't forget to email your work to your teachers.
4.00pm – 5.00pm	Hobbies	Catch up with your friends online / mobile, meditation, practice your sport, dancing, musical instrument - but around the house.
5.00pm – 6.00pm	Dinner	Sit around the dinner table - chat with your family
6.00pm – 8.00pm	Relaxation	Watch television, Bath or Shower
8.00pm – 11.00pm	Family time	Chat, laugh, play games – cards, quiz, board games etc Bedtime routine, congratulate yourself for sticking to your routine
11.00pm	Bedtime	Bedtime prayer thanking God for the safety and health of your family Lights out – time to sleep!