

Easing transition back to school

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- To prevent your child from feeling overwhelmed when going back to school after the mid-year holiday, it would be good for him/her to draft up a daily schedule to structure their day better.
- The daily schedule can include time for self-care activities and family bonding time in addition to time set aside for holiday homework & revision.



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- Sleeping routines will have to be gradually adjusted across the weeks to prepare them for the school day when Term 3 starts.
- The following slides are samples of a daily schedule across the different weeks.



Sample Daily Schedule (Week 2)

Daily Schedule

Day and Date: Monday, 11 May (Mid-year break Week 2)

Time	Subject	Materials Needed	To-do
9.00 – 10.00 am	-	-	Wake-up, wash up and have breakfast
10.00 – 11.30 am	Science (Holiday homework)	Computer, SLS	Topic on Density
11.30 am – 12.00pm	Short Break		
12.00 – 1.00 pm	Family Activity time (doing something together, e.g. preparing lunch together)		
1.00 - 2.00 pm	Lunch		
2.00 – 3.30 pm	Maths (Holiday Homework)	Textbook, workbook	Revision exercises in Workbook
3.30 – 5.00 pm	Self-care (doing activities you enjoy) E.g. <ul style="list-style-type: none"> • watching favourite dramas/movies • Scrolling social media • Chatting with friends online • Listening to music 		
5.00 – 6.00pm	PE	Exercise time Online videos or NV PE lesson	
6. 00 – 8.00 pm	Cool down, wash up, dinner time		
8.00 – 11.00 pm	Free time/ Family Bonding time e.g. watching a movie together		
11.00 pm	Bedtime		

Sample Daily Schedule (Week 3)

Daily Schedule			
Day and Date: Monday, 18 May (Mid-year break Week 3)			
Time	Subject	Materials Needed	To-do
8.00 – 9.00 am	-	-	Wake-up, wash up and have breakfast
9.00 – 10.30 am	Maths (Revision) E.g. Chapter 1	Textbook	Practice questions in textbook for revision
10.30 – 11.00 am	Short Break		
11.00 am – 12.30 pm	Social Studies (Revision)	Textbook, mindmap	Do up mindmap for 1 chapter of Social Studies
12.30 – 1.30 pm	Lunch		
1.30 – 3.00 pm	Chemistry (Revision)	Textbook, Chapter notes	Try out practice questions in Chapter notes
3.00 – 4.00 pm	Break- doing something you enjoy		
4.00 – 5.00pm	English	Book, notebook	Read a book, create a vocabulary word bank
5.00 – 6.00 pm	PE	Exercise Time	
6. 00 – 8.00 pm	Cool down, wash up, dinner time		
8.00 – 10.30 pm	Free time/ Family Bonding time e.g. watching a movie together		
10.30 pm	Bedtime		

Sample Daily Schedule (Week 4)

Daily Schedule			
Day and Date: Tuesday, 26 May (Mid-year break Week 4)			
Time	Subject	Materials Needed	To-do
7.00 – 8.00 am	-	Alarm	Wake-up, wash up and have breakfast
8.00 – 9.30 am	Science (Revision)	Textbook, graphic organizer	Do up mindmap for 1 chapter of Science Textbook
9.30 – 10.00 am	Short Break		
10.00 – 11.30 am	Science (Revision)	Textbook, graphic organizer	Do up mindmap for 1 chapter of Science Textbook
11.30 am – 12.00 pm	Short Break		
12.00 – 1.00 pm	Physics (Revision)	Textbook, Chapter notes	Try out practice questions in Chapter notes
1.00 – 2.00 pm	Lunch		
2.00 – 3.30pm	Humanities	Textbook, graphic organizer	Do up mindmap for 1 chapter of elective humanities
3.30 – 5.00 pm	Self-care activity – do something you enjoy		
5.00– 6.00 pm	Maths	Textbook, workbook	Practice at least 10 questions of 1 chapter for Maths
6.00 – 7.00 pm	PE	Exercise time	
7.00 – 8. 30 pm	Cool down, wash up, Dinner time		
8.30 – 10.00 pm	Free time/ Family Bonding time e.g. watching a movie together		
10.00 pm	Bedtime		

Picture Sources:

1. <https://twitter.com/educonsultfirm/status/1248249906793304064/photo/1>
2. <https://www.dreamstime.com/bedtime-routine-better-sleep-vector-illustration-tips-to-improve-night-rest-health-bedtime-routine-better-sleep-image156345956>