St Werburgh's Primary School

GOOD TIMEKEEPING

What to do the night before:



Get everything you need for school ready



Set your alarm allowing plenty of time



Make your lunch and drink if you bring a packed lunch to school



Turn off devices half an hour before bedtime



Have a good night's sleep - a minimum of eight hours!



Five minutes late per day soon adds up to three days of lost school time

For mental health support for young people visit: www.youngminds.org.uk