

Time Management

Your child will be spending 25-30 min of recess on food, play and rest.



What parents can do to support at home:

- Encourage your child to prioritise his/her time during recess.

Remind him/her to finish the food in the canteen before playing.



Example of a timetable for a day

4 February 2016, Thursday

6.00am - Wake up, brush teeth and have breakfast.

7.15am - In school

1.30pm - Lunch, shower and rest

3pm - Do homework, study and pack school bag

4.30pm - Break

5pm - Outdoor activities

6pm - Dinner

7pm - Family Bonding Time

8pm - Bedtime stories

9pm - Bedtime



Create a timetable with your child.

Discuss with your child the things he/she needs to do for the day.

Allocate time for each activity so that there is time for your child to do his/her homework, have breaks and bond with the family.