

# PUNCTUALITY



## What to do the night before

- Get your uniform and bag ready
- Go to bed at a reasonable time
- Turn off electronic devices at least 30 minutes before bed
- Set an alarm with plenty of time to spare
- Remember children need at least a good 8-10 hours sleep every night

## What to do in the morning

- Get out of bed as soon as your alarm goes off
- Have a nutritional breakfast such as fruit, toast and cereals that will give enough energy until lunch time
- Keep an eye on the time

## How School can help and support

- Early morning calls
- Breakfast club
- Give morning and bedtime routine advice to children and parents

15 minutes  
late per day =  
10 lost days  
per year