

# THE IMPORTANCE OF ROUTINE

## ROUTINES

Routines help you learn essential life skills. A simple daily routine provides you to learn other essential skills such as basic hygiene, time-management, self-control, self-care, responsibility, independence and confidence.

Routine allows you to quickly accomplish day-to-day tasks that are required for both the teacher and you. Routines also help for smoother transitions between activities and therefore allow fewer opportunities for disruptions to occur.

An effective routine can help reduce stress, which can lead to better mental health, more time to relax and less anxiety.

## EXERCISE

Regular physical activity can help you improve your cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions.

Sign up to an enrichment session after school, go and see the PE department for more details.



## SLEEP

Your sleep schedule and bedtime habits affect your mental Sharpness, emotional well-being and energy. Studies have shown that children who regularly get an adequate amount of sleep have improved attention, behaviour, learning, memory, and overall mental and physical health.



## HEALTHY EATING

Healthy eating is essential for your health, growth and development. Good nutrition during your childhood is essential as it is a time of rapid growth, development and activity.

A well balanced diet provides all of the energy you need to keep active throughout the school day.

You should aim to get most of your calories from healthier foods like fruit and vegetables, and starchy foods like bread, potatoes, pasta and rice (preferably wholemeal).

Avoid sweetened soft drinks, drink more water.



## ORGANISE

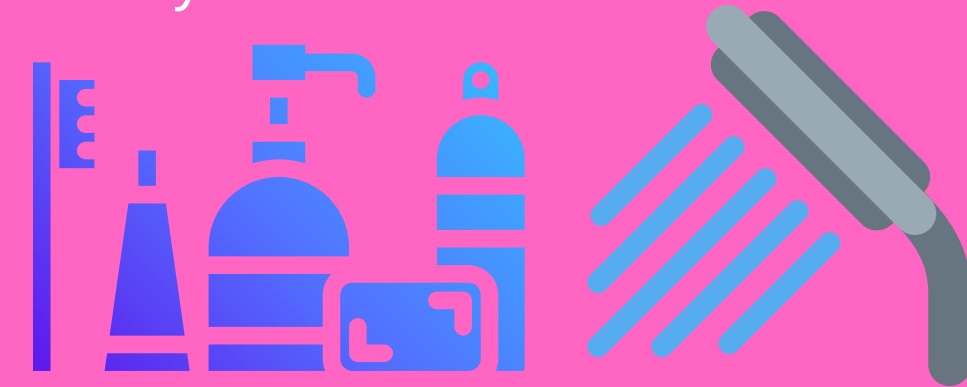
Set aside time to complete your home learning. Spend a little time each day to get ahead. Pack your bag and arrange your uniform the night before. Don't forget to set your alarm!



## HYGIENE

Good hygiene is critical, it not only prevents the spread of infectious diseases, it also prevents you missing time from school.

Bath or shower daily, brush your teeth, wear clean clothes and wash your hands often.



## SOCIALISE

Positive social interactions have a wide range of physical and mental benefits, including increased cognitive ability, communication skills and independence.

If you need help with your social skills speak to your Pastoral Leader, who will support.

