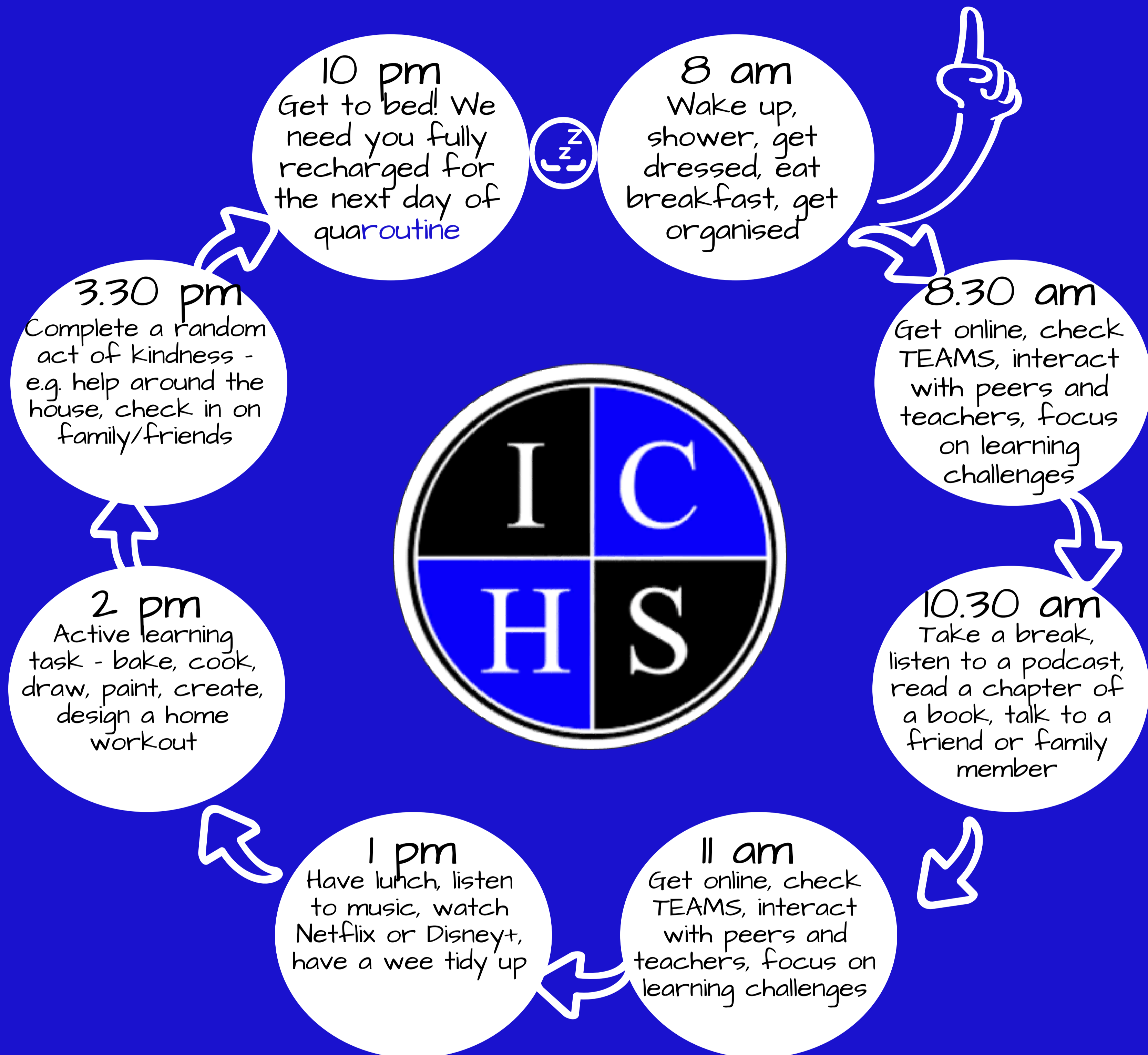


QUARANTINE - THE INVY WAY



Timings are for guidance and can be adapted to suit

INVERALMOND COMMUNITY HIGH SCHOOL



S1 - S3 SUGGESTED SCHEDULE



8.45am: Get Up

9 am: Take part in PE at home with Joe Wicks

Shower and eat breakfast



10am - 11 am: School Work

- Literacy
- Social Subjects



11am - 12pm: Activity of your choice

- Read a book
- Write diary/blog
- Draw/paint/create
- Reflect on your learning on didbook

12-1pm: Lunch



1pm - 2pm: School Work

- Numeracy
- Science
- Technologies



2pm - 3 pm: Reading/topic work

- Art
- Music
- Language



In these challenging times, make sure you do what you can to support your family. Make time in your day to help by looking after younger siblings, helping with household chores or calling family and friends.