Essex County Council
Education

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