

## St. Andrews School

The school day at St. Andrews School begins at 9:00 a.m.

### Tips: How to Avoid Being Late for School

Regularly being late to school can disrupt the flow of the classroom, distract other students, and impede learning. Fortunately, there are lots of things to do to save time in the morning and get to school before the bell rings. Preparing for school the night before, sleeping well, and getting up and out the door faster, can help with getting to school on time.



#### ***Prepare the Night Before***

Pick out an outfit the night before to save time in the morning. There's nothing worse than getting ready for school and having no idea what to wear! Preparing the night before allows time to think about what to wear and also to dress accordingly for the forecasted weather.

Pack a lunch the night before so there are no worries about it in the morning before school. Then just toss the lunch bag in the backpack in the morning. If the lunch needs to be chilled, prepare it in advance and store it in the fridge overnight.

Get the backpack ready to go the night before and then just grab it on the way out the door. When homework is finished, don't forget to put it in the backpack right away. That way, you won't forget it or have to go looking for it in the morning. By organizing everything in the backpack the night before, you'll have one less thing to worry about in the morning. Keep the backpack in a noticeable spot, like next to the front door, to avoid looking for it in the morning.

#### ***Get a Good Night's Sleep***

Make it a priority to keep a regular bedtime. Going to sleep at the same time every night will help you get a better night's sleep. Children between 6 and 12 years old require 9-12 hours of sleep every night. Things like playing video games, or extra-curricular activities, can disrupt bedtime routines but it's very important to get a good night's sleep to support learning.

Avoid looking at screens for at least 30 minutes before bed. The lights from screens signal to the body that it's not yet time for sleep. Instead of using the computer or watching TV before bed, try doing a relaxing, screen-free activity instead like reading a book or drawing.

#### ***Get out the Door***

Choose quick, easy breakfast options. Avoid skipping breakfast to save time since breakfast provides energy for the school day. If there is no time for a full breakfast, try easy breakfast snacks like fruit, yogurt, cheese, granola, or hard-boiled eggs.

Plan on walking out the door a few minutes earlier than needed. Whether taking the bus, walking, or getting driven to school, allow a few minutes of wiggle room to avoid being late. 😊