



RJA/SDA

Dear Parents and Carers,

To ensure year 7 start the day calm, focused, and ready to learn, we are implementing a revised morning routine. We will be introducing this routine from Friday 3<sup>rd</sup> July and practising each morning, so it is embedded ready for September. Year 7 students will be expected to go straight to the sports hall each morning, this will be opened at 8.20am with the morning messages starting at 8.30am.

A consistent start to the day is incredibly important for children. It builds independence, reduces anxiety, and ensures we have a smooth, positive transition into the start of the school day.

The morning line-ups are designed to ensure a strong start to the day and to provide an opportunity for consistent messaging around core values, expectations, and information about school life. They are also designed to ensure students are registered, have their uniform checked consistently so that once they get to their tutor time they can fully engage with the form time programme.

We kindly ask for your support at home by helping your child establish these habits:

- **Remove Tech from Bedtime:** Secondary students often struggle to wake up if their sleep is disrupted by phones/electronic devices. Ensure screens are turned off at least an hour before bed.
- **Preparation the night before:** Pack school bags, lay out the correct uniform, and prepare water bottles and lunch ahead of time to avoid last-minute rushing.
- **Consistent wake-up:** Ensure your child wakes up at the same time each day, allowing 10–15 minutes of buffer time for unexpected delays so children always on site by 8.20am.

Thank you so much for your continued support. Please reach out if you have any questions or if we can help facilitate a smoother morning transition for your child.

Yours sincerely

*Mrs. Jackson*

Mrs. Jackson  
Assistant Headteacher