



## School Information

### School Day

The School Day is from 8.50am till 2.50pm daily and has 5 teaching sessions (excludes Learner Centred Time and Break/Lunch Times). Students follow 2 timetables

	Timetable 1	Timetable 2
Learner Centred Time *	08:50 am – 09:15 am	8:50 am – 9:15 am
Lesson 1	09:15 am – 10:05 am	9:15 am – 10:05 am
Break Time	10:05 am – 10:25 am	10:55 am – 11:15 am
Lesson 2	10:25 am – 11:15 am	10:05 am – 10:55 am
Lesson 3	11:15 am – 12:05 pm	11:15 am -12:05 pm
Lunch Time	12:05 pm – 12:50 pm	12:55 pm – 13:40 pm
Lesson 4	12:50 pm – 13:40 pm	12:05 pm – 12:55 pm
Lesson 5	13:40 pm – 14:30 pm	13:40 pm – 14:30 pm
Reading	14:30 pm – 14:50 pm	14:30 pm – 14:50 pm

\* Learner Centred Time (*Reducing barriers to support engagement in learning and support good mental health*)

It is important that we provide the space and opportunity for our students to regulate to enable them to be in the GREEN zone and 'Ready to Learn'. Learner Centred Time is a key time of the school day to support transition. Students focus on 8 areas to support regulation and readiness to learn:

- Zones check in followed up with toolbox activities
- Mindfulness
- Stretching/exercise/Tai Chi
- Pastoral support
- Sensory / calming activities
- Social stories
- THRIVE based activities
- Calming music

Assembly is held on Friday mornings and includes presentations to pupils to celebrate Attendance, Worker of the Week and Shout Out Nominations as part of the school prize giving. This is a whole school virtual assembly in Key Stages led by the Head and Deputy Head Teachers.