

## A typical day for our boarders

### Morning Routine

<b>7.00am</b>	Wake up.
<b>7.05 - 7.35am</b>	Get up and get ready for the day. Due to time differences there is the option to contact family during this time.
<b>7.40am</b>	Morning meeting in the Lounge.
<b>7.45 - 8.10am</b>	Breakfast.
<b>8am - 8.25am</b>	Music practice.
<b>8.20am - 5.30pm</b>	The school day runs between these times during which you will be fully occupied with lessons, extra-curricular activities and sport.
<b>5.30pm</b>	Evening registration and snack time.
<b>5.45pm - 6.45pm</b>	After school hobbies or downtime in the house.
<b>6.45pm</b>	Supper time: a two-course meal served in the dining room.

### Evening Routine

<b>7.20 - 7.50pm</b>	An evening activity will be on offer at this time or you can play outside, play a game or simply chill out and relax in your room with your friends or one of the common rooms.
<b>7.30pm - 8.40pm</b>	You can call your parents at this time, depending on year group, before 'quiet time' commences.

### Bedtime Routine

<b>Shower and teeth</b>	<b>Quiet reading</b>	<b>Lights out</b>
Year 3/4 by 7.45pm	Year 3/4 8pm	Year 3/4 8.15pm
Year 5/6 by 8pm	Year 5/6 8.30pm	Year 5/6 8.45pm
Year 7/8 by 8.30pm	Year 7/8 8.45pm	Year 7/8 9.15pm