



## **Year 7 Evening Checklist:** responsible and ready for tomorrow.



### **Pack your bag**

Make sure you have all books, notebooks, and folders needed for tomorrow's lessons.



### **Check your timetable**

Look at your schedule so you know which subjects are coming up and what materials to bring.



### **PE kit or special equipment?**

If you have PE, technology or art, pack the correct kit or supplies tonight.



### **Prepare your lunch and snacks**

Pack your lunchbox or make sure you have checked the menu to know the school lunch for tomorrow.



### **Fill your water bottle**

Staying hydrated helps you stay focused in class.



### **Lay out your uniform**

Make sure your uniform is clean, ironed and ready to wear.



### **Check shoes and socks**

Place your shoes and socks by the door to save time in the morning.



### **Charge your devices**

Plug in your Chromebook.



### **Review home learning and notes**

Quickly check you've completed all homework and go over anything important.



### **Set a bedtime**

Aim to get 8–10 hours of sleep so you're fresh and ready to learn.



### **Set your alarm**

Give yourself enough time in the morning to get ready without rushing.

