



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.

