October Half Term

9-day challenge

Over the break, you have 9 days without lessons!

Rule of 8:

8hrs sleep

8 hrs studying/revising

8hrs FREE time

Plan your revision:

"If you fail to plan, you plan to fail"

Make sure that you know:

how you will revise…

what you will revise…

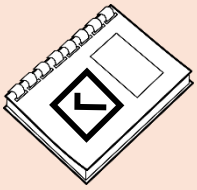
when you will revise it.



Be Posi+ive

Plan small steps through the day

Tick them off as you go



Look after yourself

Eat nutritious food that releases energy slowly

Dink water instead of sugary drinks

Sleep – so important for health & well-being

Exercise regularly