

Sample of Time Schedule for the Kids

	Boy	Girl
Morning wake up	0730	0730
Breakfast	00745	00745
Send to school	0815	0815
Pick up	1500	1200
Lunch	/	1230
Bathing	1545	1545
Tea time	1545	1530
homework	1600	1600
Dinner	1930	1930
Sleep	2100	2100
Sport day	Monday & Wednesday	Wednesday & Friday

How to prepare the kids to school

	Boy	Girl
Temperature sheet	Check & mark temp. daily	Check & mark temp. daily
Name tag	√	√
Water bottle	Fresh water in bottle(wash & change daily)	Empty mug(wash & clean daily)
Wet towel & towel box	Wash & change daily	Wash & change daily
Tissue	Check & refill(at least 5 pieces)	Check & refill(at least 5 pieces)
Disposable mask	3	3
Pencil box	-3 sharpen pencils -1 ruler, -1 eraser	No need
Snack put in a lunch box	Change daily e.g. raisin & biscuit	Change daily e.g. cake & raisin