

Date: 11 September 2020

COVID-19 MESSAGING: PSS Support for IP, SP and FET

The focus this week is on following a **healthy daily routine** when your child is at home

Good day Principals, please provide parents with some tips on helping your child to follow a **healthy routine** on days when they are at home:

**Morning:** Getting up, having breakfast, helping with house work, then some active/ creative play/ exercises in the morning

**Midday:** Mealtime, some social time (whats app, online, video games etc.) with friends, then some schoolwork

**Afternoon:** Watching a learning channel on TV, listening to radio lessons, reading

**Evening:** Helping to prepare a meal for supper, creative family time, revision of school work and going to bed.