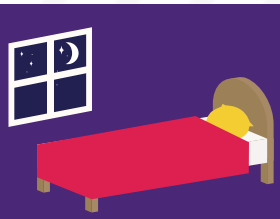
Leeds East Academy

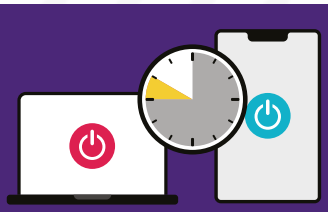
SUPPORT GUIDE

Getting to school on time

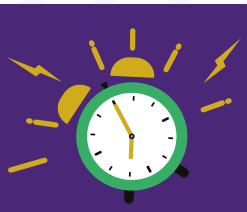
Working together to secure the aspirations of our young people.



Did you have a good night's sleep?
Did you know children aged 11-12 should have at least 9-12 hours sleep and teenagers aged 13-16 should have at least 8-10 hours sleep a night?



Turn off your electronic devices at least an hour before you sleep to allow the mind to rest and aid a good night sleep.

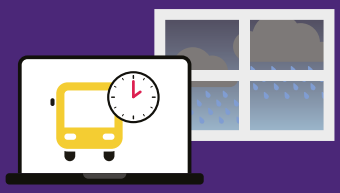


Set your alarm with enough time to wake up, get ready and have breakfast.
Ask yourself this, "how long does it take me to get ready for school?"

What do you need for school the next day?
Pack your bag the night before to avoid last minute rushing in the morning.

Get your uniform ready the night before.
Including PE kit if you have PE or extra-curricular activities.

Planning to walk to school with your friends?
Great idea! Work together and plan enough time for this.



Plan your journey!
Plan for bad weather by wearing a coat and set off earlier to compensate for potential longer traveling times

The academy day starts at 8.25am
Remember that academy opens at 8am to welcome students with a free warm breakfast and a hot chocolate.