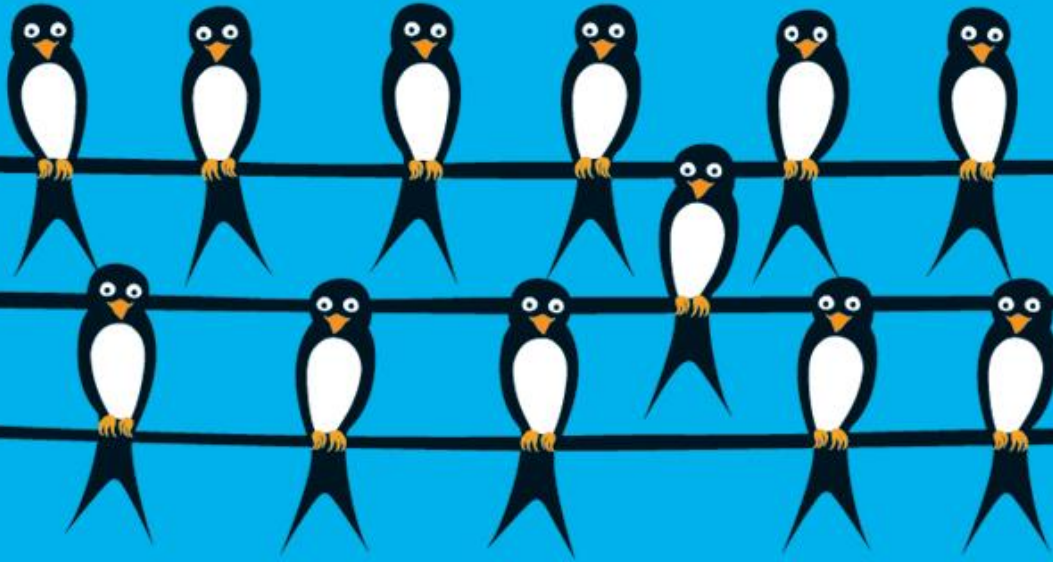


Be on time



Dinn

Be on time

Deansrath Community College

8.32 AM



Be on time

At Deansrath Community College



8.32 & 13.40

Morning Registration is at 08.32 sharp and afternoon lessons start at twenty-to-two or 13.40. You should be in your registration class at this time.



Why be on time?

You won't be stressed, your classmates will thank you, you won't miss out on your learning, and you won't get into trouble.



Rewards

There are great prizes at the end of term for students who have been on time, day in, day out.
On time in the morning, in the afternoon and for every class



How to be on time?

Being on time means: eating healthy food, taking exercise, organising your homework, study, schoolbag, uniform, and lunch.

It means setting your alarm and going to bed early without your phone or device keeping you awake.

Know how long it takes to get to school, leave on time, walk straight there even if your friends are taking their time!



Sanctions

If you're late you get a late sheet.

If it's not done, the late sheet is doubled.

If they're not done you get detention and you still have to do the late sheets.

You can get into even more serious trouble, too, so...

BE ON TIME!



How to be on time

at Deansrath Community College



8.32 & 13.40

On time in the morning is **8.32**
On time in the afternoon is **13.40**
On time is in your seat and ready for class



Digital Health

Using a digital device at night can disrupt your sleep and make it really hard for you to get up, get going, and be at your best the next day.
Leave your device outside your bedroom.



Organisation

Organise your schoolbag, uniform, and lunch well in advance. Make sure that your homework and study are done in good time the night before and



Be Healthy

Eating the right foods, getting enough exercise can really help you be on time. Your general health matters when you are building the habit of punctuality



Sleep Health

Teenagers need more sleep than adults. For that reason you must make sure that you get enough sleep. Set you alarm, don't hit snooze, get up on time.



Direct to school

Know the time it takes to get to school, get up, get ready, get breakfast and leave with enough time to be on time.
Long chats with friends are for the weekend!



BE ON TIME @ Deansrath Community College

Deansrath Community College 2022.

www.deansrathcc.ie

Instagram: @Deansrathcommunitycollege

Twitter: @deansrathCC

Facebook: @DccSecondLevel

What time is
on time in
Deansrath?

8.32

13.40

How to be
on time?

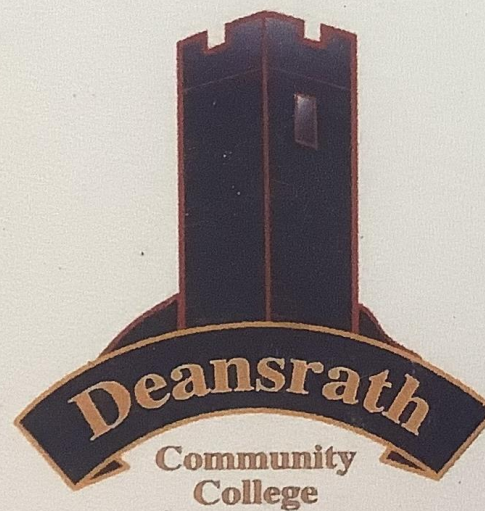


Eat healthily
for a good
night's sleep



Get enough
exercise

Do your
homework
early



Deansrath Community College

WILLIAMS

PAID RECORDS

Organise your
bag the night
before



School Uniform



White Shirt
Neat and Visible Tie
School Jumper

Shirt tucked in

Grey Trousers

Kilt below knee

Black Shoes

Organise your
uniform in
time



Get to bed
early



Set your alarm
(ten minutes
early*)

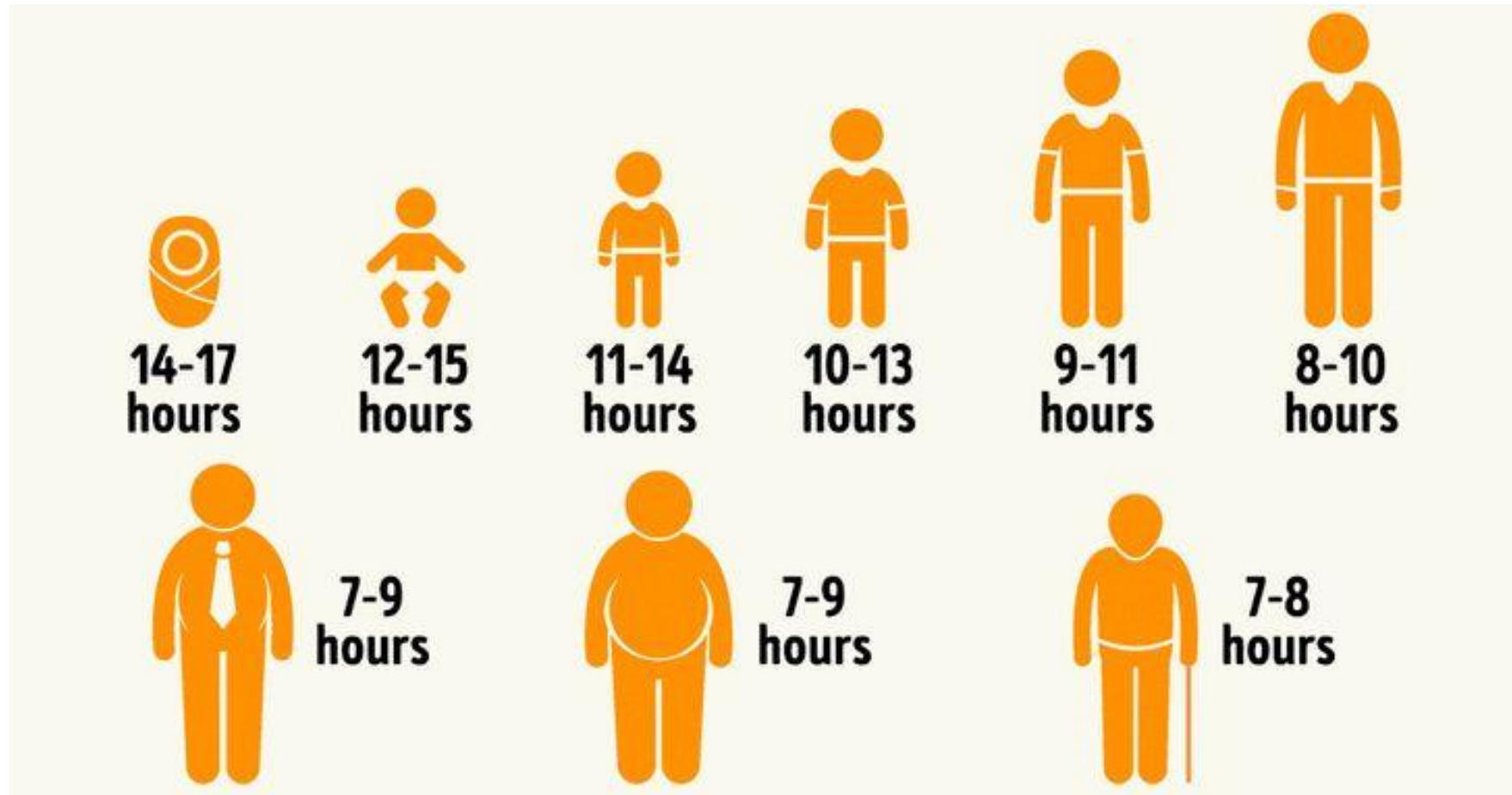
**Charge your
phone**

* Suggested by E McD



Switch your
phone off in
bed, no
devices one
hour before
bedtime

Get enough sleep: 8-11 hours



Beat the queue at lunch time – prepare your lunch

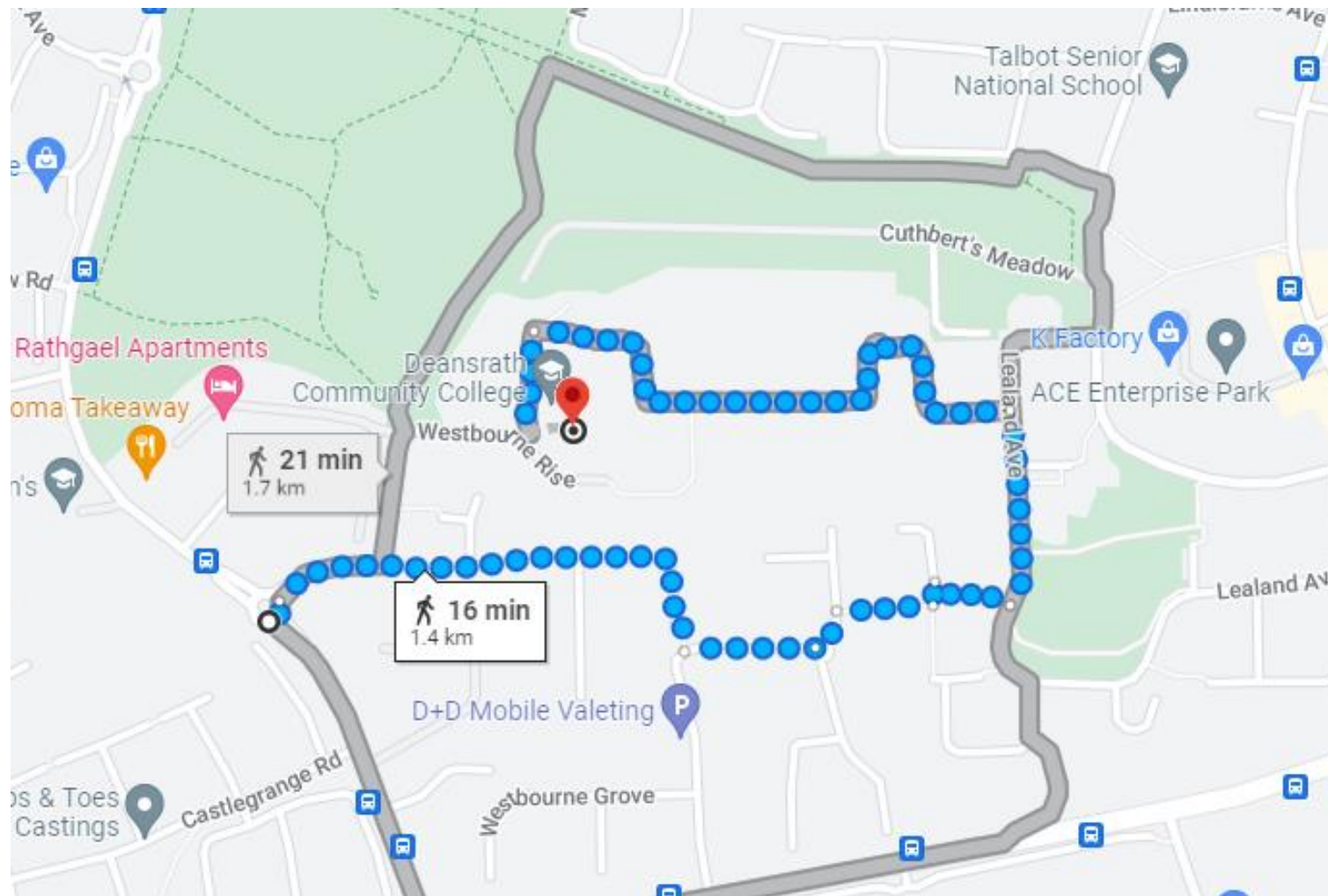


It's lunch time



Don't "dress to impress"- get up, get dressed, eat and *out the door!*





Know how long it takes to get to school and **leave in time**

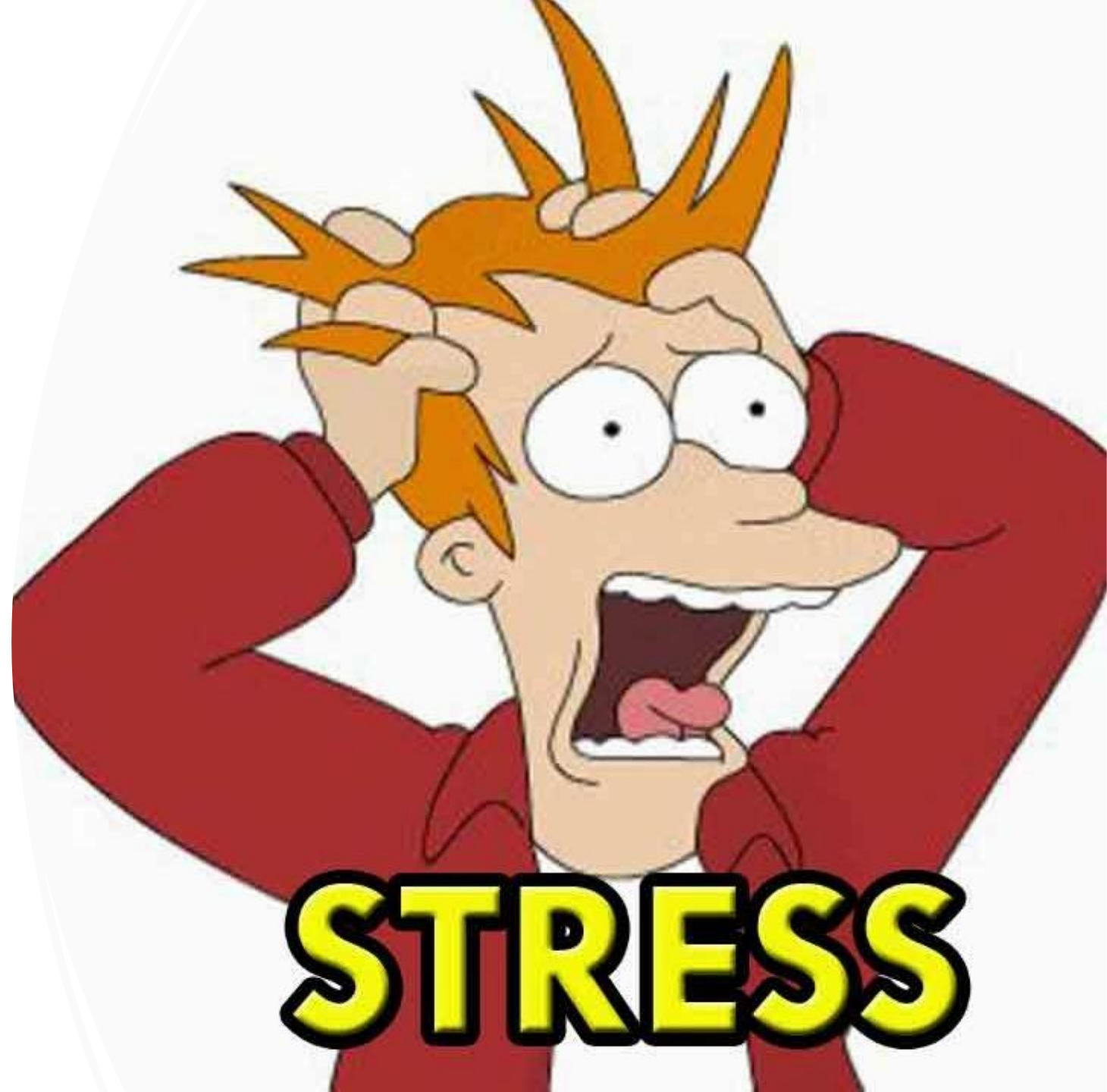


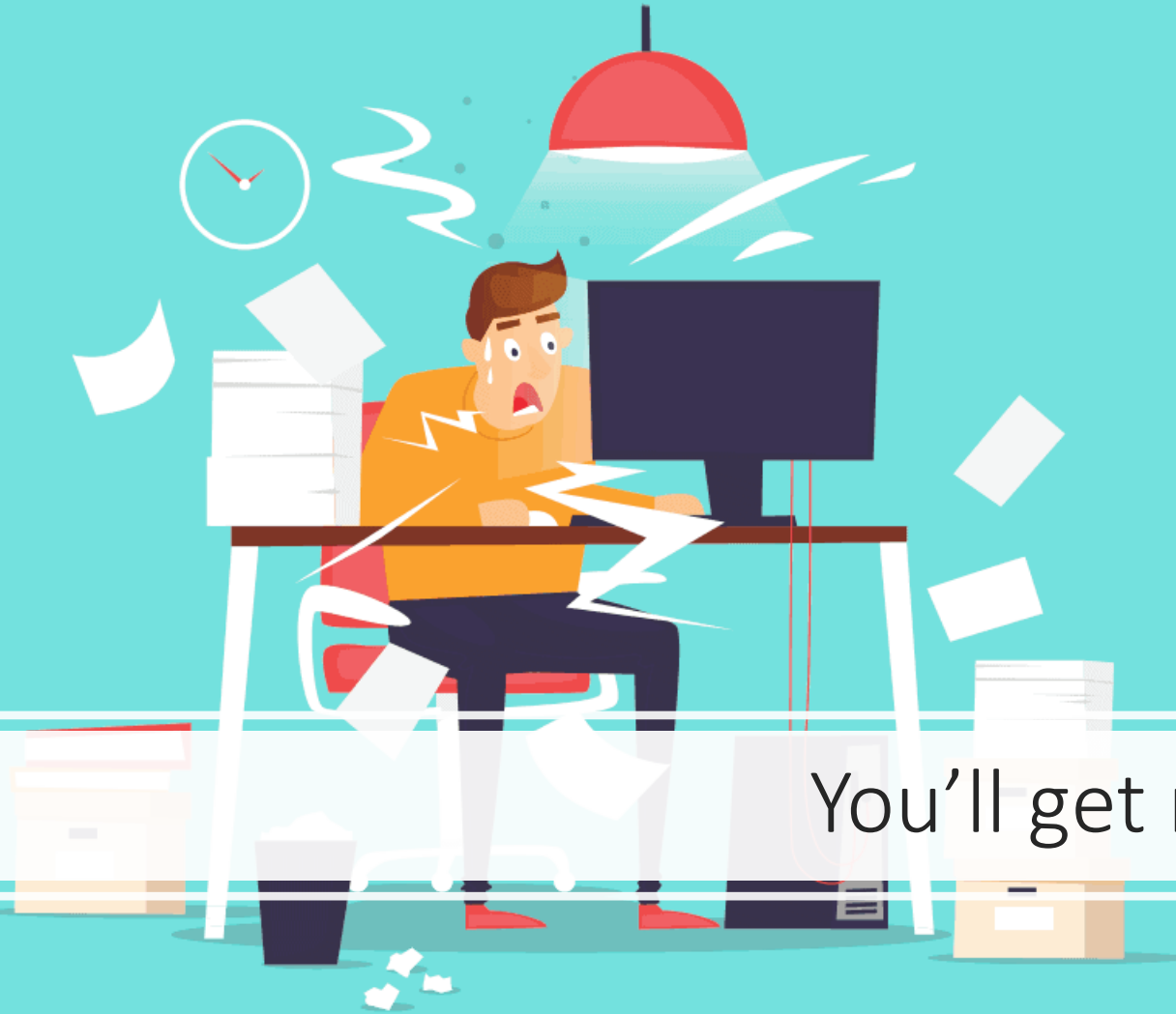
School

Are your friends slowing you down?

Why be on
time?

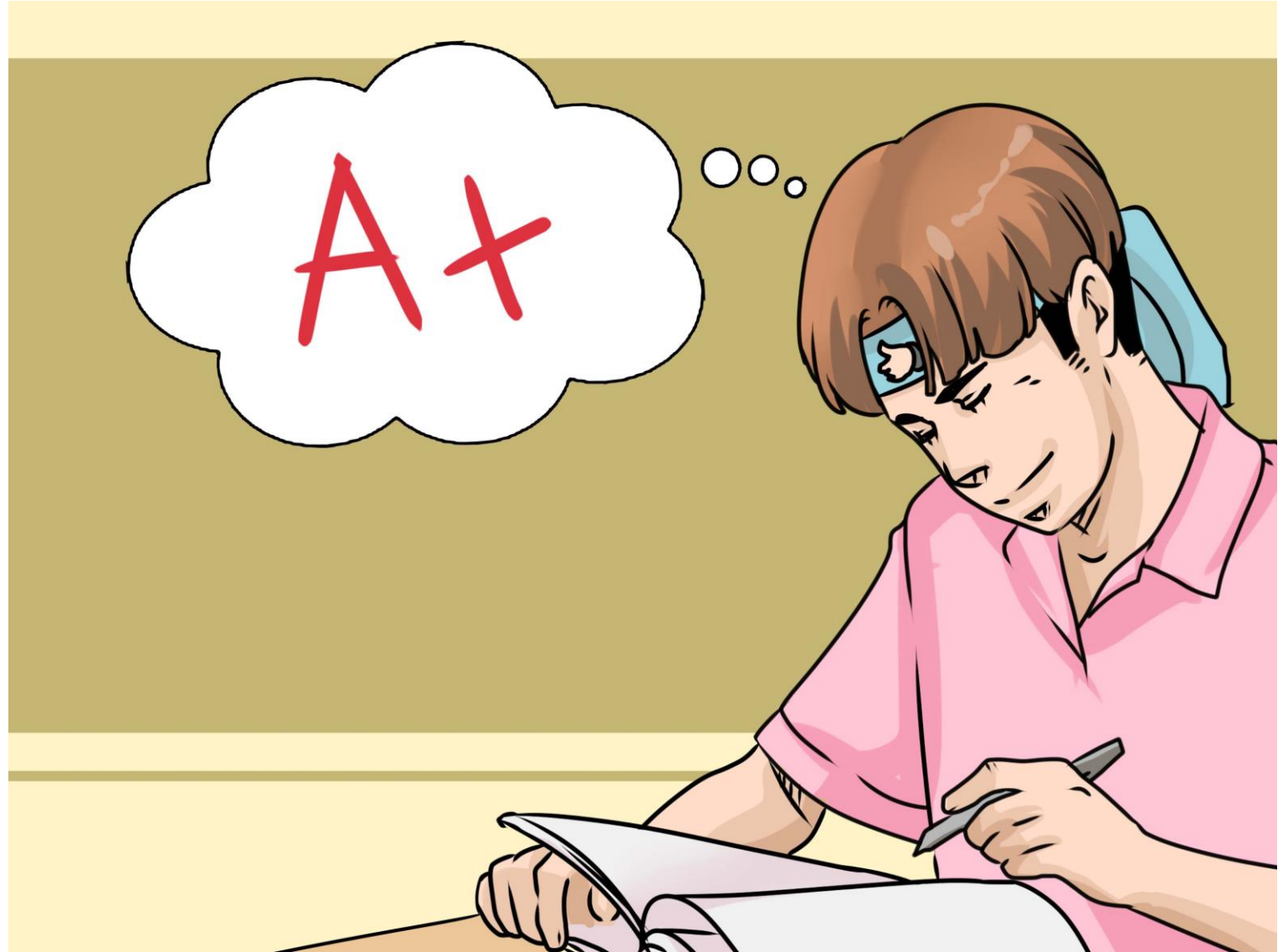
You'll be less
stressed





You'll get more done

You'll do
better in
class



It's a great
achievement

**Doing the Right Thing
Isn't Always Easy**





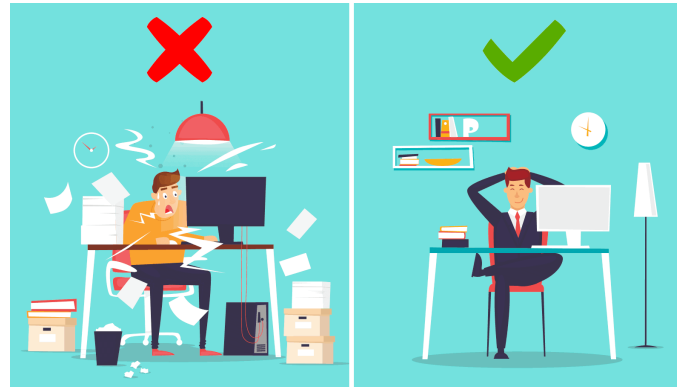
You'll
improve
class for
everyone

You won't
get into
trouble





You'll improve class for everyone

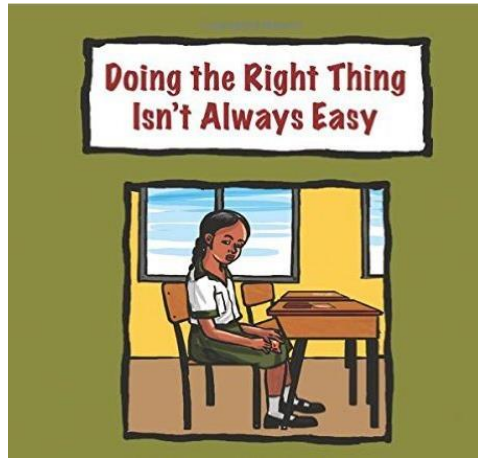


You'll get more done



You'll won't be stressed

Why be on time?



It's a great achievement



You won't get in trouble



Better results

Sanctions

Penalty Sheet

STUDENT NAME:

_____ DATE: _____

PENALTY SHEET FOR LATES

This sheet has been issued to the above student as a result of being late for class. Rewrite each point on the lines provided. **If you require more space use extra paper to finish the sentences.**

1. Rethink the meaning of "on time." People who are always on time are really people who arrive early every day and acknowledge that things can go wrong to set them back several minutes. When things do "go wrong" these students arrive on time! Try and change your habits so that you become a person who is always on time for things. In turn, this will help you get on better in school and in life.

Not done? Doubled.

STUDENT NAME:

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DETENTION

Plus late sheets

Rewards

No penalty Sheets

STUDENT NAME:

DATE:

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WOW!

**GREAT PRIZES
TO BE WON!**



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