

# TRAINING TIME TABLE LAYOUT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
05H30	WAKE UP time, Get dressed, Makeup bed, Wash, Teeth, Shave, Clean room, pack days requirements.						As required for Special Events or Road running marathons	
06H00	BREAKFAST on time, dressed neatly ready for the day, wash tray be seated for devotions.							
06H30	Devotions all teachers, staff and learners in attendance							
07H00	Arrive on Time at desinated area, Sign In, Collect tools , Start session at 07H15 promptly						07H00 Wakeup Routine 07H30 Breakfast	
	TRAINING SESSION 1ST (THRU - OUT THE WEEK)	All learners with exception of Private Schoolers				Saftey,Productivity	08H00 to 10H00 Church	2.45
10H00	TEA BREAK, at designated area, open discussion or questions, Toilet						10H00 Life skills, life orientation (shopping) Monitored tests, additional study sessions or Arranged Outings	0.15
10H15	TRAINING SESSION 2ND (THRU - OUT THE WEEK)	Under 16 to abet classes or as specified				House Keeping & Shutdown procedureds and Inspections		1.45
12H00	LUNCH, at designated area, open discussions or questions, Toilet							0.30
12H30	TRAINING SESSION 3RD (THRU - OUT THE WEEK)	Under 16 to abet classes or as specified				12H30 Weekly staff meeting Sport & Recreation Swiming or Games	13H00 to 14H00 Lunch	2.30
15H00	TEA BREAK, at designated area, open discussions or questions, instructions, Toilet						0.15	
15H15	TRAINING SESSION 4TH	All learners no exceptions				To be advised by Head Teacher on Duty	Authorised Outings Entertainment Reading or Movies	2.15
17H30	SHUTDOWN: Stop all lessons/work/ Machines, Clean area, Hand in Tools, Check area, all to asist where you can							
18H00	Team Meetings, Then rotation on bathing and life skills accordingly						To be advised by Head Teacher on Duty	brk 1hrs skill 9hrs abet 4hrs
	JOHN Home work, studies extra mural or packing	Urban Church Life skills Packing	SUE - ABET Choir Packing	PETER - L/O Choir Packing	Social Welfare Life Orientation Packing			
20H00	SUPPER on time, dressed appropreatly, wash tray for next day, <b>Note U16 Lights Out</b>							
	Projects Personal Time	Projects Personal Time	Projects Personal Time	Projects Personal Time	Projects Personal Time	Moives Singing	Moives or entertainment	
22H00	LIGHTS OUT property shutdown by teacher on duty							
		Training sessions						
		Meal times						
		Personal or Vocational time						