

# A Typical Day at Headington



## 07.15 Wake Up & Breakfast

The day begins with cheerful wake-up calls from House Parents who help everyone get ready for another exciting day. After a short House Meeting – a chance to check in and share announcements – students head to breakfast in the canteen. There's plenty of choice, setting everyone up for the busy morning ahead.

## 09.00 – 10.30 Subject Lessons

The first lesson of the day blends theory and practice across a range of subjects – from General English and Business to STEM, Medicine, and Global Leadership. Students take part in interactive discussions, and creative tasks designed to make learning both meaningful and engaging.

## 11.00 – 12.30 Time to Shine

During Time to Shine at Headington, students work together in small teams to explore real-world issues as part of The Big Solutions Challenge. Whether they're developing health campaigns, designing green technologies, or presenting business ideas, each group uses creativity and critical thinking to find new ways of tackling global challenges, sharing their projects with the wider school community later in the week.

## 12.30 – 13.30 Lunch

## 13.30 – 17.00 Multi-Activity Programme & Optional Extras

Afternoons at Headington are filled with adventure. Students can choose from a wide range of options – from football, tennis, and swimming to art, crafts, and drama. For those wanting an extra challenge, optional extras provide even more opportunities to learn and explore.

## 17.00 – 18.30 House Time

After an active afternoon, students return to their houses to unwind, and chat with friends. House Parents are always nearby, offering support and ensuring everyone feels at home. This is also the best time for students to check in with home as they will have had limited phone access all day.

## 18.30 – 22.00 Evenings at Headington

Dinner is followed by Whole School Events – lively community activities that bring everyone together. Some evenings are full of energy and teamwork, with outdoor games like Capture the Flag, while others take a more relaxed pace with movie nights, house evenings, or quiz challenges. It's a time to connect, laugh, and make memories together.

## 22.00 Lights Out

The day finishes with a calm evening routine. After juice and biscuits with House Parents, students settle into bed, ready for another day of learning and adventure tomorrow.



## Sample timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
🕒 07:15 Wake-up								
🏠 08:00 House Meeting								
🕒 08:20 – 09:00 Breakfast								
	📖 09:00 – 10:30 <b>Subject Lesson</b> A combination of theory- and practical-based learning	📖 09:00 – 10:30 <b>Subject Lesson</b> A combination of theory- and practical-based learning	🔍 09:00 – 10:30 <b>FieldWork</b> An opportunity to take learning outside of the classroom and explore real-world links to their studies		📖 09:00 – 10:30 <b>Subject Lesson</b> A combination of theory- and practical-based learning	📖 09:00 – 10:30 <b>Subject Lesson</b> A combination of theory- and practical-based learning		
	🍏 10:30 – 11:00 Break							
	⭐ 10:50 – 12:20 <b>Time To Shine</b> Introduction to this week's project	⭐ 10:50 – 12:20 <b>Time To Shine</b> Mindmapping ideas in small groups	⭐ 10:50 – 12:20 <b>Time To Shine</b> Further development of idea and creation of presentation		⭐ 10:50 – 12:20 <b>Time To Shine</b> Presentation rehearsal ahead of tomorrow's ceremony	⭐ 10:50 – 12:20 <b>Time To Shine Ceremony</b> Opportunity to present their projects to the rest of the class		
	🕒 12:30 – 13:00 Lunch							
	🍏 13:00 – 13:30 Break							
	👥 13:30 – 17:00 <b>Multi-Activity</b> Badminton Rounders Drama Games Dream Catchers	👥 13:30 – 17:00 <b>Multi-Activity</b> Tennis Football Just Dance Portraits OR Optional Extra	👥 13:30 – 17:00 <b>Multi-Activity</b> Basketball Kwik Cricket Scrap Collage Yoga OR Optional Extra		👥 13:30 – 17:00 <b>Multi-Activity</b> Swimming Volleyball Friendship Bracelets Photo Challenge	👥 13:30 – 17:00 <b>Multi-Activity</b> Ultimate Frisbee Uni Hockey Tote Bags Sketching		
	🏠 17:00 – 18:30 House Time							
	🕒 18:30 – 19:30 Dinner							
	👥 19:30 – 21:00 <b>Welcome Games</b>	👥 19:30 – 21:00 <b>Capture the Flag</b>	👥 19:30 – 21:00 <b>Big Quiz</b>		👥 19:30 – 21:00 <b>Trashion Show</b>	👥 19:30 – 21:00 <b>House Night</b>	👥 19:30 – 21:00 <b>Talent Show</b>	👥 19:30 – 21:00 <b>Prom Night</b>
	🏠 21:00 House Time / Juice and Biscuits							
🕒 22:00 Lights Out								

Sample timetables are given as an example to illustrate a typical week and are subject to change.

