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NOOSA
CHRISTIAN COLLEGE
COOROY



Secondary

HOMework GUIDE

Homework is an important part of the learning process, helping students to reinforce what they've learned, develop discipline, and become independent learners. This guide will help ensure that your child's homework routine is effective, healthy, and conducive to their success.

Exercise – 30 Minutes Per Day

Exercise is crucial for both physical and mental well-being. Engaging in regular physical activity offers the following benefits:

- **Improved concentration and memory:** Exercise releases proteins into the brain that help with cognitive functions.
- **Better mood:** Physical activity stimulates the release of endorphins, improving overall mood.
- **Increased energy levels:** Regular exercise helps to combat fatigue and boosts energy throughout the day.

Research shows that physical exercise boosts brain function and supports academic success. [Read more here.](#)

Sleep – 8 to 10 Hours Per Night

Proper sleep is essential for optimal growth, development, and learning. Adolescents need more sleep as their brains are still developing.

- **Recommended Sleep Duration:** Teens should get 9 to 9½ hours of sleep per night, as their brains are undergoing a second developmental stage that requires additional rest.
- **Benefits of Sleep:** Adequate sleep helps protect against health risks like depression and anxiety and improves brain development, concentration, and memory.

For more information, read insights from Johns Hopkins paediatrician, Dr Michael Crocetti, M.D., M.P.H. at [Hopkinsmedicine.org](https://hopkinsmedicine.org)

Furniture and Workspace

A well-organised and comfortable study space contributes to better focus and productivity. Consider the following:

- **Chair:** Use a straight-backed chair to support proper posture.
- **Desk/Table:** The desk should be at a comfortable height to prevent stretching or bending, reducing strain on your body.

- **Tidy Workspace:** Keep the area clean and free of distractions. A clutter-free environment will help students focus on their work.
 - **Distraction-Free Zone:** Assign a specific area for homework that is free from distractions like TV or mobile phones.
 - **Proper Posture:** Sitting with proper posture improves cognitive function, concentration, and memory by ensuring optimal blood flow to the brain.
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Routine – The Most Important Factor

Establishing a consistent routine helps students stay organised and manage their time effectively. Here's how you can structure your child's homework time:

1. **Review the Day's Learning:** Start by reviewing what was learned in class and finish any incomplete tasks.
 2. **Establish a Regular Homework Time:** This will help create consistency, making homework feel like part of the daily routine rather than a chore.
 3. **Time Management:** Set a reasonable time for completing homework based on the child's year level.
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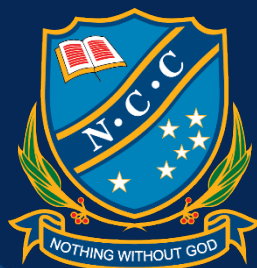
Recommended Homework Duration by Year Level

- **Year 7:** 30-45 minutes per night
 - 20 minutes of Mathematics
 - 10 minutes of English
 - 10 minutes of reading
 - 5 minutes of French vocabulary
 - Reflection: "What else do I need to do?"
 - **Year 8:** 1 hour per night
 - **Year 9:** 1 to 1.5 hours per night
 - **Year 10:** 1.5 to 2 hours per night
 - **Years 11-12:** 2 to 3 hours per night
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Maximising Results

By following these guidelines, your child can develop strong study habits, a healthy routine, and the discipline needed to achieve their best academic results.



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