

Daily Schedule & Routines

In the High School

What Will Class Look Like?	
Live Lesson	Work Time
<ul style="list-style-type: none">● Synchronous lesson via Zoom● Led by teacher● Taught like it would be in a normal classroom● Will potentially include:<ul style="list-style-type: none">○ Lecture/Note Taking○ Discussions○ Group Work○ Labs○ Teacher led practice● First 45 minutes of the class	<ul style="list-style-type: none">● Asynchronous independent work time● Teachers may remain available for help via Zoom● Time for questions, examples, and getting class work done● Students do not have to remain on Zoom for the final 25 minutes of class<ul style="list-style-type: none">○ Can log off and on as needed

Wednesday Small Group Flex Time

- An opportunity to get more individualized one-on-one/small group attention
- Shorter than a regular class (30 minutes)
 - Small groups (Roughly 2-10 students)
 - Groups may change from week to week
 - Attendance expected for assigned students
- Teacher will invite you on a rotating schedule as needed
 - Check-Ins, Conferences, ACT Practice, Enrichment Opportunities, and Extra Support
 - Students not meeting with teachers will have other asynchronous work (ex. NoRedInk, ALEKS, etc.)

Office Hours

- Monday, Tuesday, Thursday and Friday after school from 3:45-4:15
- Wednesday after school from 3:15 - 4:15
- Purpose:
 - Get personal support understanding content

- Get assistance Navigating online resources
- Learn study skills and resources
- Build a personal relationship with your teacher
- Request video recording of missed classes (Note: *this is the ONLY way students will be able to gain access to these videos. This is a non-negotiable expectation*)
- Time to meet with School Counselor and Dean of Instruction as needed

Lunch

- All students will have Lunch at the same time every day
 - Use this time to eat so you're not getting distracted from your class/work
 - You want to maintain healthy eating habits
 - Snacking all day, every day is not the healthiest choice
- Virtual Lunch rooms will be set up on Zoom
 - Hang out with other students and teachers
- Monday, Tuesday, Thursday & Friday Lunch Hour
 - 11:30 AM - 12:00 PM
- Wednesday Lunch Hour
 - 11:50 AM - 12:20 PM

Work/Life Balance

- Developing healthy routines can alleviate stress in uncertain times
 - **Get rest!** Try to develop a consistent wake up and bedtime⇒ goal: 8+ hours of sleep, every hour of sleep before midnight counts as 2 hours
 - **Stay hydrated!** Get a water bottle or big cup (I like the big movie theater cups) ⇒ goal: take your weight, divide it by 2, drink that much water in ounces. Soda and juice might dehydrate you or cause your energy to spike and crash!
 - **Move!** Be active before and after classes. The human body is not meant to sit for extended periods of time. Do a chore! Go to the bathroom! Stretch!
 - **Snack!** Snacks during class? Sure! Don't let it be distracting (loud chewing, obnoxious on camera, etc.) Choose healthier snacks like fruits, veggies, or nuts before chips or candy.
 - **Socialize!** It is important to take time to connect with your peers and teachers. Lunch, work time, and time outside of virtual class are your best options! Remember: social

distancing and virtual hanging are best!

- ***Boundaries!*** Create spaces and times where school work happens. Know when to step away!
- Virtual learning during a pandemic...BE **KIND** TO YOURSELF
- This is new for everyone...BE **PATIENT** WITH YOUR PEERS AND TEACHERS
- Communicate with teachers and other adults how you are and what you need
- We all wish we could be together in person