

SAMPLE SCHEDULE. Please note that the below schedule is intended as a guide to help organize your daughter's time while at home. Feel free to adjust and tweak so that a schedule coincides with natural cadences of your family and your own parental expectations. For instance, do you want to limit screen time to 2 hours/per day? OR does your student work better in shorter stints than outlined below? Feel free to reach out to me with questions/follow up.

Please remember that your daughter's teachers will be tracking a student's participation during our time away. Online video conferences, assignments and other projects will be "counted" and applied to a student's grade for this quarter. More specifics will be shared as the faculty formalizes plans.

For students that are learning how to be accountable in this distance learning phase, a specific schedule that is followed EACH day will be vital and valuable to keeping students on track (and reducing battles at home). Again, the below schedule is a sample and should be adjusted for your own daughter/family. As the faculty engage further in distance learning, we may circle back to adjust this schedule and our recommendations. Thanks!

8:00am	Wake Up/Get dressed	<p>-It's important to change clothes, shower and/or do what you would usually do on a school day!</p> <p>Feel free to even put on some purple & green!</p>
8:30am	Prepare & eat Breakfast & Finalize Plans for the day	<p>-Check weather (what outside options do you have?)</p> <p>-Are there any set times that I need to check in with my teachers today?</p> <p>-Are there times that I have set up to meet with friends online for study groups or more informal chats?</p> <p>-Review schedule with parents for approval</p>
9:00-9:40am	Subject #1	<p>Choose from Math, Science, Humanities</p> <p>-Review assignments that need to be completed</p>

		<p>-consult teacher who may have online office hours at the time</p> <p>-organize your work so that you can access it easily (think folders, binders and even using drawers in a desk to store specific subject materials.</p>
5 min	BREAK	Stretch arms and legs, walk around! Pop your head outside
9:45-10:25am	Subject #2	<p>Choose from Math, Science, Humanities</p> <p>-Review assignments that need to be completed</p> <p>-consult teacher who may have online office hours at the time</p> <p>-organize your work so that you can access it easily (think folders, binders and even using drawers in a desk to store specific subject materials.</p>

5 Min	Break	Do you have materials for your afternoon ready?
10:30-11:15am	Athletics/Outdoor Activity/Yoga	<p>See Amy's Suggestions for Athletics on Google Classroom.</p> <p>It's important that we are all running around and being as</p>

		active as possible during this time at home. It will help to keep us healthy and rested. :)
11:15am-12pm	LUNCH	Downtime! Relax! Eat some food! Stay offline!
12-12:40	Subject #3	Choose from Choose from Math, Science, Humanities (but different from what you selected in the morning!) -Review assignments that need to be completed -consult teacher who may have online office hours at the time -organize your work so that you can access it easily (think folders, binders and even using drawers in a desk to store specific subject materials.
5 min	Break	

12:45-1:15	WORLD LANGUAGE	Similar to your other subjects, check to see what assignments you may have and if there are projects to be working on along the way!
5 min	BREAK	
1:25-2pm	ART, MUSIC & DRAMA	Choose from a variety of assignments and projects. This is your time to be creative! Feel free to mix it up here, but do keep track of assignments for each class. This is great

		time to be offline as well particularly if you are engaged in ART assignments.
5 min	Break	
2:05-2:30pm	ART, MUSIC or DRAMA	Keep that Creativity going!
IDEAS FOR THE REST OF THE AFTERNOON:	<p>STAY OFF LINE!</p> <p>COOK DINNER</p> <p>BAKE COOKIES</p> <p>GO FOR A HIKE</p> <p>PLAY CATCH WITH YOUR DOG/SNUGGLE YOUR CAT</p> <p>PLAY BOARD GAMES</p> <p>WRITE A LETTER TO A FRIEND</p> <p>SERVICE LEARNING FROM HOME (stay tuned for more ideas!)</p> <p>PLAY MORE MUSIC!</p> <p>Parents, please see the document entitled: INFORMATION FOR HOME with more ideas!</p>	