

Students will be provided a list of activities to complete throughout the week. While they can be completed at any time, the following daily schedule is provided for those who desire structure and organization. It is important to maintain a routine. Daily hygiene and grooming are essential, as is daily reading and exercise.

### Structured Daily Schedule for Secondary Students

Time	Activity	Ideas
Before 9 am	Get started	Shower, teeth, groom, breakfast
9:00-9:45 am	ELAR	Complete assignments in Google classroom or packets from your teacher
9:45-10:30 am	Math	Complete assignments in Google classroom or packets from your teacher
10:30-11:00	Physical Activity	Take a walk, stretch, do basic exercises to keep body moving, play with your pets, participate in a short online exercise program -- BE ACTIVE
11:00-11:30	Science	Complete assignments in Google classroom or packets from your teacher
11:30-12:00	Social Studies	Complete assignments in Google classroom or packets from your teacher
12:00-12:30	Lunch	Eat lunch and relax
12:30-2:00	Enrichment & Electives	Complete assignments in Google classroom or packets from your teacher
2:00-2:30	Reading	Reading+ or Read a novel of your choice
2:30-3:30	Social-Emotional Support	Check-in with your friends and teachers on social media, send virtual hugs
3:30 -->	Free time	

**REMEMBER:**

- Teachers are available 9-11 and 1-3 should you need additional supports.
- Do The Five!
  - **HANDS** Wash them often
  - **ELBOW** Cough into it
  - **FACE** Don't touch it
  - **SPACE** Keep a safe distance (6 ft minimum)
  - **HOME** Stay if you can