



Continuity of Education Plan: Sample Schedule

Students will engage in 2-3 hours of online learning and 1 hour of independent reading per day. Students are also required to participate in a minimum of 1 Virtual Extracurricular Activity 1 time per week for 30 minutes. Students are reminded to utilize the supports in place during teacher office hours, while also prioritizing physical activity and wellness (ex. journaling, rest, mindfulness exercises, family time, yoga, writing, music, walking, etc.)

Here is a sample schedule that can be modified to fit a family's needs:

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Attendance Form	Attendance Form	Attendance Form	Attendance Form	Attendance Form
8:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM	Family Responsibilities	Family Responsibilities	Family Responsibilities	Family Responsibilities	Family Responsibilities
10:00 AM	Math	Office Hour Check-ins	Math	English	Virtual Club
10:45 AM	Latin	History	Latin	History	Office Hour Check-in
11:30 AM	Lunch	Lunch	Lunch	Lunch	Lunch
12:15 PM	Physical Activity	Elective Class	Physical Activity	Elective Class	Work Submission
1:00 PM	Latin	Ind. Reading	Latin	Work Submission	Office Hour Check-in
1:45 PM	Office Hour Check-in	Virtual Club	Ind. Reading	Office Hour Check-Ins	Physical Activity
2:15 PM	Ind. Reading	English	Work Submission	Ind. Reading	Ind. Reading
3:15 PM	Focus on Wellness	Work Submission	Focus on Wellness	Physical Activity	Happy Friday