

# What is Flex Time?

A flex schedule is time built into the school day to provide opportunities for intervention, extension and enrichment for all students.

## Testimonials



# How Will Flex Time Work



# 4 A/B Classes

## With a Flex Period After Period 1

Block 1	75 min.
Block 2: Flex Time	44 min.
Block 3	75 min.
Block 4 *75 min + 31 min. lunch	111 min.
Block 5	75 min.

# Our New Schedule

A-Day	B-Day	A-Day	B-Day	A-Day
<b>A1 7:25 am – 8:40 am</b>	<b>B1 7:25 am – 8:40 am</b>	<b>A1 7:25 am – 8:40 am</b>	<b>B1 7:25 am – 8:40 am</b>	<b>A1 7:25 am – 8:40 am</b>
<b>Mentor Monday 8:45 am – 9:29 am</b>	<b>FT</b>	<b>FT</b>	<b>FT</b>	<b>FT</b>
<b>A2 9:34 am – 10:39 am</b>	<b>B2 9:34 am – 10:39 am</b>	<b>A2 9:34 am – 10:39 am</b>	<b>B2 9:34 am – 10:39 am</b>	<b>A2 9:34 am – 10:39 am</b>
<b>A3 11:30 am – 12:45 pm</b> Lunch 1: 10:54 am – 11:25 am	<b>B3 11:30 am – 12:45 pm</b> Lunch 1: 10:54 am – 11:25 am	<b>A3 11:30 am – 12:45 pm</b> Lunch 1: 10:54 am – 11:25 am	<b>B3 11:30 am – 12:45 pm</b> Lunch 1: 10:54 am – 11:25 am	<b>A3 11:30 am – 12:45 pm</b> Lunch 1: 10:54 am – 11:25 am
<b>A3 10:54 am – 12:09 pm</b> Lunch 2: 12:14 pm – 12:45 pm	<b>B3 10:54 am – 12:09 pm</b> Lunch 2: 12:14 pm – 12:45 pm	<b>A3 10:54 am – 12:09 pm</b> Lunch 2: 12:14 pm – 12:45 pm	<b>B3 10:54 am – 12:09 pm</b> Lunch 2: 12:14 pm – 12:45 pm	<b>A3 10:54 am – 12:09 pm</b> Lunch 2: 12:14 pm – 12:45 pm
<b>A4 12:20 pm – 2:05 pm</b>	<b>B4 12:20 pm – 2:05 pm</b>	<b>A4 12:20 pm – 2:05 pm</b>	<b>B4 12:20 pm – 2:05 pm</b>	<b>A4 12:20 pm – 2:05 pm</b>

# Academic and SEL Interventions

Interventions are capped at 12 students per 6-week cycle. Students will automatically be scheduled for academic intervention by their classroom teachers. If they believe they should have been scheduled for an academic intervention and were not, they should check with teacher. More than likely there was a scheduling conflict.

- SEL interventions are delivered by our staff in one-to-one or small group settings:
- Dr. Rachel Bria - School Psychologist
- Ron Guillaume- Teen Talk Counselor
- Mary Hidajat-Crichlow- School Social Worker
- Cody Helgesen- SBHC Mental Health Clinician

# Extensions

- PLTW Extension and Recovery
- AP Course Test Prep and Extension Activities

Community Service Opportunities, like:

- NHS Peer Tutoring
- Freshmen Mentor Training

# Enrichments – First Cycle

Anime

Book Club

Chess

Choir

College Planning Workshop

Counselor's Corner

Drama

Fantasy Sports Statistics

Freshmen Mentoring

History Games

Model UN

Music Jam Session

Music Sharing and Lyric Analysis

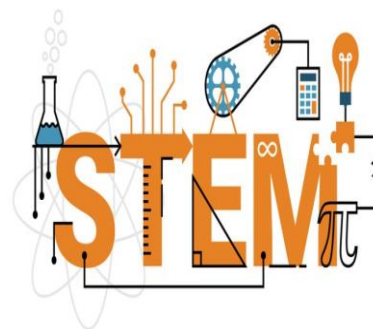
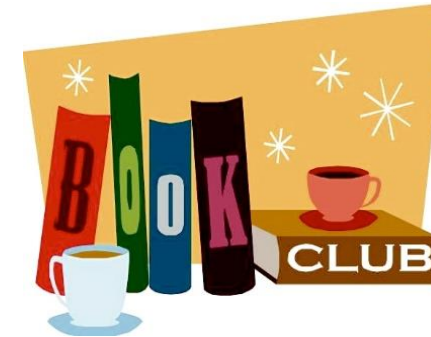
Poetry Club

STEM Lab

Stock Trading

Volleyball

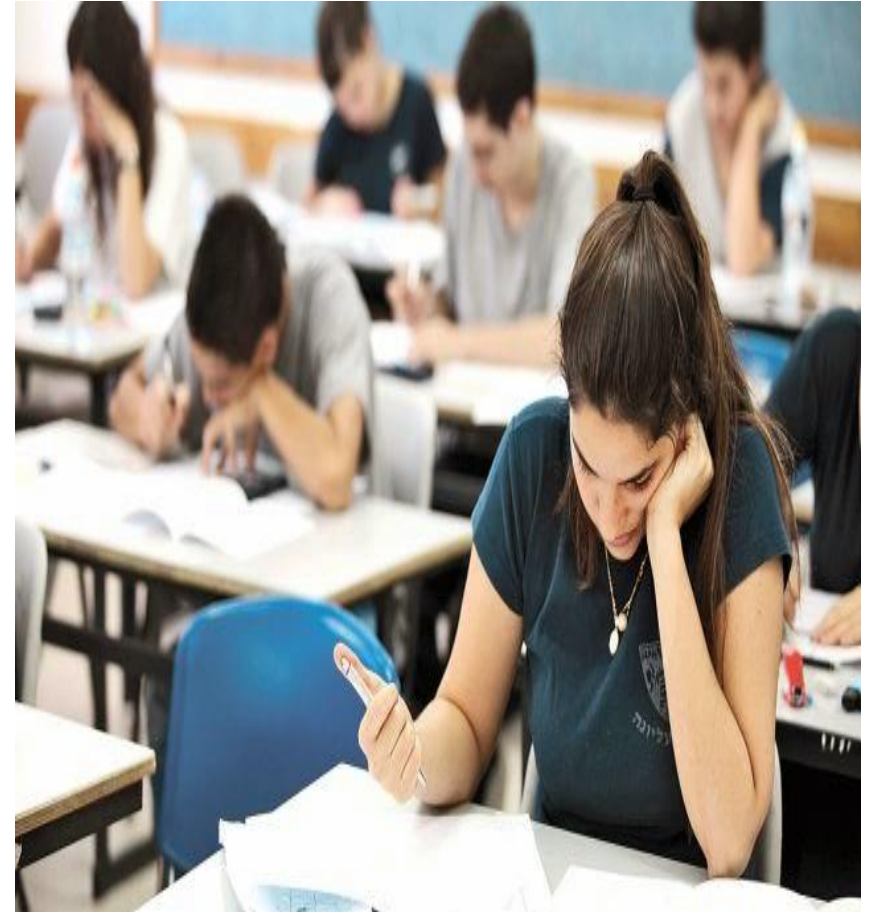
Web Newspaper





# Study Halls

- Math Lab
- Literacy Lab
- Writing Center
- Study Skills w/Homework Help
- Study Hall





# Flex-Time Expectations

- Mentor Monday and Flex Time are AITE required periods.
- Seniors who are free period 1 must report to school for flex-time.
- All staff is assigned to flex-time programming. This includes the school counselors, media specialist, social workers, and school psychologists. Therefore, students may not ask for a pass to see another staff member during flex-time. They must report to their assigned activity.
- Students may not switch their Flex Period activities until the end of the 6-week cycle.
- Students have had the opportunity to select what they would like to take. Students who have not selected what they would like to take will be scheduled.

# Please Be Patient

- As with any new initiative, there will be some challenges we may not have anticipated. We will be working these out as we go along, so please be patient. After each 6-week cycle, we will also have ways for staff, students, and families to provide us with feedback, so we can make this a successful program.

