Folsom Middle School

FLEX: A Guide for Families

FLEX is protected time, three days a week, for students to get help or explore something they love. **Students choose where they go.**

The Week at a Glance

Monday	Tuesday	Wednesday	Friday
Advisory + finalize FLEX choices	FLEX	FLEX	FLEX

Holiday week? Advisory moves to Tuesday, and FLEX is Wednesday and Friday.

Four Types of FLEX

Content Support
Help with classwork and upcoming tests

Intervention
Targeted skill-building

Study Hall
Quiet time to work independently

Enrichment
Clubs, activities, and interests

How Sign-Up Works

- Teachers post sessions by **Thursday evening**.
- Students browse and choose over the **weekend**.
- Choices are final at the **end of Advisory on Monday**.
- Students who don't sign up report to the **gym foyer** with an administrator.

How to Use Adaptive Scheduler

Adaptive Scheduler lives inside PowerSchool. Your child will use **their own student login**, not a parent account.

1. Sign in to PowerSchool with the **student** login.
2. Click the **Adaptive Scheduler** icon at the bottom of the left menu.
3. On **My Schedule**, pick the week and day, then click **Select Session**.
4. Choose a session. Check its room, space left, and teacher notes.
5. A colored session under the day means you're set. Need to change it? Click **Clear**.

Tip: use a web browser or Chromebook. It does not work in the PowerSchool mobile app.

Questions? Contact Jason Javier-Watson, Principal: jjavierwatson@fcusd.org
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