

SHS Suggested Daily Schedule

It's best to keep a routine! If you shower in the morning, please shower and get dressed before breakfast.	
8:00-8:30	<ul style="list-style-type: none"> • Breakfast. • Check in with yourself: "How are you feeling?"
8:30-8:45	<ul style="list-style-type: none"> • Gather materials -- Chromebook (Is it charged?), paper, writing utensils • Find a quiet place to work with no distractions. Is it comfortable?
8:45-9:00	Open up Chromebook and check email for updates and other important information.
9:00-9:30	<ul style="list-style-type: none"> • It might be easier to go in order of your regular routine. Start with 1st period. Or choose the first subject you want to work on. • Begin work. • If you have any questions about the assignments write the teacher. (Teachers are available from 8:00-3:00. You can expect an answer within 24 hours. Most will be sooner.)
9:30-10:00	Work on period 2 or the next subject.
10:00-10:15	<ul style="list-style-type: none"> • Take a break. • Have a snack. • Hydrate. • Pet the dog/cat or play with a sibling. • Practice Mindfulness with thought reflection or yoga, etc.
10:15-10:45	Work on period 3 or the next subject.
10:45-11:15	Work on period 4 or the next subject.
11:00- 11:30	Exercise! Do Yoga! Take a Walk. Run! Practice mindfulness.
11:30-12:00	Work on period 5 or the next subject.
12:00 -1:00	<ul style="list-style-type: none"> • Lunch. • Check in on your student. How are you feeling? How's the work going? What are you learning? • Find some fresh air • Stretch
12:30-1:15	Work on period 6 or the next subject.
1:15-1:45	Read quietly for 20-30 minutes.
1:45-2:15	Work on period 7 or the next subject.

2:15-3:00	<ul style="list-style-type: none">• Time to reflect on your work. “Did you feel you had enough time? Did you do your best? What did you learn?”• Complete any remaining coursework or assignments.• Make sure assignments are completed and returned - following teachers’ directions.
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