

## Schedules!

We all know just how important a daily schedule is. They give us a sense of being at ease and a set of expectations to look forward to throughout the day. For students, developing and following routines and schedules can influence their emotional, cognitive and social development, help them feel safe and secure, can help reduce behavioral problems as well as encourage higher engagement during learning time. Another added benefit of following a schedule is to help children and parents establish some normalcy during this time where stress levels are high and there is so much uncertainty.

Below are some daily schedules for our students and their families. No schedule is perfect unless it is a good fit for the family. I encourage parents to not only follow a schedule but modify the times to work for the family unit. Some children wake up early and can be ready to start the day by 7-8AM, however; there are some children who may struggle to wake up in the morning, therefore that start time would be unrealistic and maybe more stressful. One of the most important factors with setting your child on a schedule during this time, is to be CONSISTENT! Consistency is key, as children will begin to understand what is expected and feel excited for what is to come.

### *Parent note:*

First an applause (because you are amazing). Second, here are some factors to think about when implementing and starting a distance learning schedule for your family:

1. Before engaging in school, follow the typical morning routine: Shower if that is their habit and personal hygiene. Have your student change out of sleeping clothes into 'school clothes' to indicate that they are entering a different part of their day.
2. Pick a place in the house where your child will be doing their work (kitchen table, living room floor or office, preferably not their bedroom) that is free from distractions such as electronics and have the student have all their school supplies at the ready (backpack, device, pencils/pens, books, worksheets) in one place.
3. Set timers/limits to pace their work to help them feel that the day has structure.
4. School time should be as defined as possible (8am-3pm). Breaks during the school day should be close to typical in school breaks such as a snack, outside time, lunch and even a time to rest. Breaks should NOT include: videogames or TV or streaming or YouTube.
5. Students should have at least one hour of physical activity per day. Some ideas include: take a walk, walk the dog, run a mile, jump on a trampoline or sports.

Parents all across the nation are being asked to take on working from home and deliver an adequate education to their children. Please know you are not alone in this, not every day will be perfect, be patient with your children and yourself and take it one day at a time, we're here in this with you.

-your SVUSD team

# Sample 1

Time	5 <sup>th</sup> Grader	3 <sup>rd</sup> Grader	1 <sup>st</sup> Grader	PreK	2 year old
8:00 to 9:00	Breakfast, dressed, morning chore	Breakfast, dressed, morning chore	Breakfast, dressed, morning chore	Breakfast, dressed, morning chore	Breakfast, dressed, Play with Mom
9:00 to 9:10	Workbook with PreK	Play with 2 year old	Reading with Mom	Workbook with 5 <sup>th</sup> Grader	Play with 3 <sup>rd</sup> Grader
9:10 to 9:30	Work with 1 <sup>st</sup> Grader		Work with 5 <sup>th</sup> Grader	Work with Mom	
9:30 to 10:00	Play with 2 year old	Phonic Review with PreK	Spelling and Math with Mom	Phonic Review with 3 <sup>rd</sup> Grader	Play with 5 <sup>th</sup> Grader
10:00 to 10:20	Bible and Health	Bible and Circle Time	Bible and Circle Time	Bible and Circle Time	Snack
10:20 to 10:30	Snack	Snack	Snack	Snack	Read Book with Mom
10:30 to 12:00	School Work Mom available to help	School Work Mom available to help	Play	Play	Play with 1 <sup>st</sup> Grader and PreK
12:00 to 12:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 to 1:00	After lunch chore	After lunch chore	After lunch chore	After lunch chore	Nap
1:00 to 1:30	Rest Time	Rest Time	Rest Time	Rest Time	
1:30 to 2:30	History and Science	History and Science	History and Science	History and Science	
2:30 to 3:30	Finish School Work/ Free Time	Finish School Work/ Free Time	Play	Play	Nap/Play
3:30 to 3:45	Snack	Snack	Snack	Snack	Snack
3:45 to Dinner	Free Time	Free Time	Free Time	Free Time	Free Time

# Sample 2

## Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

# Sample 3

## Our Weekly Homeschool Schedule

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<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<i>Morning:</i> Read aloud Reading Handwriting Math	<i>Morning:</i> Read aloud Reading Handwriting Science Experiment Spanish	<i>Morning:</i> Read aloud Reading Handwriting Math	<i>Morning:</i> Read aloud Reading Handwriting Science Experiment Spanish	<i>Morning:</i> Art Pottery Class
<i>Afternoon:</i> Play time	<i>Afternoon:</i> Play time or Bi-weekly Playdate	<i>Afternoon:</i> Play time	<i>Afternoon:</i> Play time	<i>Afternoon:</i> Play time
<i>Evening:</i> Book and story time	<i>Evening:</i> Book and story time	<i>Evening:</i> Book and story time	<i>Evening:</i> Book and story time	<i>Evening:</i> Book and story time

# Sample 4

## Fourth Grade Departmentalized Model 2017-2018

	READING	MATH	SCIENCE/HEALTH
7:40	Warning Bell	Warning Bell	Warning Bell
7:45-7:50	Announcements	Announcements	Announcements
7:50-8:55	BLOCK 1 READING 65 MINUTES	BLOCK 1 MATH 65 MINUTES	BLOCK 1 SCIENCE /HEALTH 65 MINUTES
8:55-9:25	READING ENRICHMENT 30 MINUTES	MATH ENRICHMENT 30 MINUTES	SCIENCE ENRICHMENT 30 MINUTES
9:25-10:30	BLOCK 2 READING 65 MINUTES	BLOCK 2 MATH 65 MINUTES	BLOCK 2 SCIENCE / HEALTH 65 MINUTES
10:30-11:00	READING ENRICHMENT 30 MINUTES	MATH ENRICHMENT 30 MINUTES	SCIENCE ENRICHMENT 30 MINUTES
11:00-12:00	BLOCK 3 READING 60 MINUTES	BLOCK 3 MATH 65 MINUTES	BLOCK 3 SCIENCE / HEALTH 65 MINUTES
12:00-12:35	LUNCH 35 MINUTES	LUNCH 35 MINUTES	LUNCH 35 MINUTES
12:35-12:40	BLOCK 3 (5) MINUTES	BLOCK 3 (5) MINUTES	BLOCK 3 (5) MINUTES
12:40-1:10	BLOCK 3 READING ENRICHMENT 30 MINUTES	BLOCK 3 MATH ENRICHMENT 30 MINUTES	BLOCK 3 SCIENCE ENRICHMENT 30 MINUTES
1:10-1:55	BLOCK 4 READING 45 MINUTES	BLOCK 4 MATH 65 MINUTES	BLOCK 4 SCIENCE / HEALTH 65 MINUTES
1:55-2:40	P.E./MUSIC (4/1) 45 MINUTES	P.E./MUSIC (4/1) 45 MINUTES	P.E./MUSIC (4/1) 45 MINUTES

# Sample 5

Sample Weekly Schedule - 3rd Grade AIR Class

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30	Morning Meeting	Morning Meeting	All-School Community Meeting	Morning Meeting	Morning Meeting
9:00	Mathematics Workshop	Spanish and Mathematics (1/2 groups & switch)	Art and Math Workshop (1/2 groups)	Spanish and Reader's Workshop (1/2 groups & switch)	Independent Reading
9:30					Word Study
10:00	Morning Recess	Morning Recess	Art and Math Workshop (1/2 groups)	Morning Recess	Morning Recess
10:30	Writer's Workshop	P.E. (10:30-11:10)		Writer's Workshop	P.E. (10:30-11:10)
11:00		Reader's Workshop (1/2 groups & switch)	Morning Recess		Mathematics Workshop
11:30	Music		Music	Reading or Word Study	
12:00	L U N C H . . . and lunchtime activities				
1:00	Environment Science	Writer's Workshop	Sign-Ups or Social Studies	Independent Reading	Social Studies
1:30				Class Meeting	
2:00	Word Study or Reader's Workshop	Word Study	Early dismissal School Day Ends	Science	Free Choice
2:30	Word Study	Independent Reading			
3:00	School Day Ends	School Day Ends		School Day Ends	School Day Ends


Reading

\_\_\_\_\_ : \_\_\_\_\_




Music

\_\_\_\_\_ : \_\_\_\_\_



Math

\_\_\_\_\_ : \_\_\_\_\_



Science

\_\_\_\_\_ : \_\_\_\_\_




Recess

\_\_\_\_\_ : \_\_\_\_\_



P.E.

\_\_\_\_\_ : \_\_\_\_\_




Writing

\_\_\_\_\_ : \_\_\_\_\_




Social Studies

\_\_\_\_\_ : \_\_\_\_\_



Lunch

\_\_\_\_\_ : \_\_\_\_\_



Art

\_\_\_\_\_ : \_\_\_\_\_

