

## 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 students wake up early and can be ready to start the day by 7-8AM, however; there are some students 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:20	Morning Work 8:15-8:45 ART	Morning Work	Morning Work	Morning Work	Morning Work
8:20-9:30	Science & Social Studies	Science & Social Studies	Science & Social Studies	Science & Social Studies	8:20-9:15 Science & SS
9:35-10:45	Math	Math	10-10:45 Math	Math	<del>9:20-10:15 Math</del> 10:30-10:50 100% Club
10:50-11:35	Recess/Lunch	Recess/Lunch	Recess/Lunch	Recess/Lunch	Recess/Lunch
11:40-12:45	Reading	Reading	Reading	Reading	Reading
12:45-1:00	Independent Reading	Independent Reading	Independent Reading	Independent Reading	Independent Reading
1:00-1:45	Grammar/Writing	Band/Study Hall	Grammar/Writing	Band/Study Hall	Study Hall
1:45-2:30	Study Hall	MUSIC	Study Hall	MUSIC	PE
2:30-3:10	PE	Grammar/Writing	PE	Grammar/Writing	Library


# Sample 2



## Week View MIDDLE SCHOOL

	Monday	Tuesday	Wednesday Delayed Opening	Thursday	Friday
8:00	<b>1</b> 75 min Science	<b>2</b> 75 min History	<b>3 9:00</b> 70 min Carousel	<b>4</b> 75 min Stem X/ Language	<b>5</b> 75 min English
9:15	<b>Comm Mtg.</b> 40 min	<b>Activities</b> 40 min	<b>Break</b> 5 min	<b>Advisory</b> 40 min	<b>Activities</b> 40 min
9:55	<b>3</b> 75 min Carousel	<b>4</b> 75 min Stem X/ Language	<b>5 10:15-11:25</b> 70 min English	<b>6</b> 75 min Math	<b>7</b> <b>STUDY HALL</b> <b>25 min:</b> <b>EXTRA HELP</b>
11:10	Lunch/Recess		Lunch 11:25-12:05		
11:50	<b>5</b> 75 min English	<b>6</b> 75 min Math	<b>7 12:05-1:15</b> <b>Chorus</b> <b>25 min:</b> <b>EXTRA HELP</b>	<b>8</b> <b>50 min</b> <b>EXploration</b> <b>25 min:</b> <b>EXTRA HELP</b>	<b>1</b> 75 min Science
1:05	Break		1:15-1:20		
1:10	<b>7</b> <b>50 min</b> <b>Chorus</b> <b>25 min:</b> <b>EXTRA HELP</b>	<b>8</b> <b>50 min</b> <b>EXploration</b> <b>25 min:</b> <b>EXTRA HELP</b>	<b>1 1:20-2:30</b> 70 min Science	<b>2</b> 75 min History	<b>3</b> 75 min Carousel
2:25			2:30		

# Sample 3

Middle School Sample Schedule								
	day 1	day 2	day 3	day 4	day 5	day 6	day 7	
8:15 - 8:40	ANCHOR TIME							
8:40 - 9:40	MUSIC	LANGUAGE ARTS	MATH	ASSEMBLY	SOCIAL STUDIES	SCIENCE	PE	
9:40 - 10:40	ART	SOCIAL STUDIES	LANGUAGE ARTS	MATH	MATH	LANGUAGE ARTS	MATH	
10:45 - 11:05	SNACK/RECESS							
11:05 - 12:05	LANGUAGE ARTS	PE	SOCIAL STUDIES	ART	SCIENCE	MATH	LANGUAGE ARTS	
12:05 - 12:50	RECESS/LUNCH							
12:50 - 1:40	MATH	SCIENCE	LANGUAGE ARTS	LANGUAGE ARTS	PE	MUSIC	SCIENCE	
1:40 - 2:30	SOCIAL STUDIES	MATH	PE	LANGUAGE ARTS	LANGUAGE ARTS	LANGUAGE ARTS	LIBRARY	
2:30 - 3:05	KEYBOARDING	LANGUAGE ARTS	LANGUAGE ARTS	MATH LAB	LANGUAGE LAB	MATH	CLUBS	

# Sample 4

## 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 5*

# COVID-19 Daily Schedule

@thedenverhousewife

for kids

Before 9am	Wake Up	Wake up, eat breakst, make bed, get ready for the day
9-10am	Free Time	Watch TV, Ipad, Play Games, ect
10-11am	Outside Time	Take a walk, play in the yard or walk dog
11-12am	Creative Time	Art projects, Slime, Coloring, ect
12-12:30pm	Lunch	
12:30-1pm	Chores	Do appropriate chores
1-2pm	Quiet Time	Read, Puzzle, Nap, or color
2-4pm	Academic time	Educational Games, Math, Online education, Science Project, Writing
4-5pm	Outside or Play Time	Go outside to ride bikes or play in the house
5-6pm	Dinner	
6-9pm	Free time until bed	Free choice time. fam Movie Take showers/ready for bed

