

7-12 Sample Daily Student Schedule

Focus: All Subjects

Tech Support needed? Can't remember your student login and password for email access to Google Classroom / Clever?

We are here for you!

Email our Help Desk at support@scusd.edu.

NOTE: The schedule below is a suggestion only. Learning may not be synchronous (Teachers and students being in the same digital space at the same time for the lesson), so that students and families can engage in the learning at times that suit them best during the day.

Your school will be contacting you with important details for your student.

Time	Activity
Practice Social Emotional Learning Through the Day For self-care and to stay connected to others	<ul style="list-style-type: none"> Do One of these Brain Breaks BEFORE you start a lesson or as needed throughout the day. Set a personal goal each day to Breathe (Practice Mindfulness), Move (Exercise for 15-20 minutes each day), Rest (Do something fun- listening to music or drawing), & Connect (Text your friends/family or teacher to say hello or just to check in). Continue to Practice SEL strategies that will help you to manage your stress and help you to stay focused on your learning. END each day with a "Pat on your back!"
7:45am - 8:00 (15 min.)	Sign in to Google Classroom or other alternate platform <ul style="list-style-type: none"> Access needed technology and sign into Google Classroom. (How to login via Google, login via Clever, How to submit assignments including a picture)
8:00am - 8:50 (50 min.)	Core Math Instruction <ul style="list-style-type: none"> Students watch videos of instruction from their teachers and other sources Students review a narrated PowerPoint that introduces new content and engage via webinar Students complete tasks within digital software, Google Classroom, textbook practice Students submit work digitally for teacher review
9:00am - 9:50 (50 min.)	Core English Language Arts Instruction <ul style="list-style-type: none"> Read grade-level texts, sometimes closely Receive instruction from teacher-curated resources, such as videos, online tutorials, etc. Demonstrate learning through discussion, writing, or other varied means of expression (e.g. Google Slides, blogs, etc.)
10:00am - 10:50 (50 min.)	Core History / Social Science Instruction <ul style="list-style-type: none"> Students watch videos of instruction to guide their independent work Students review narrated materials that scaffold reading and/or instruction Students submit their work digitally to receive feedback
11:00am - 11:50 (50 min.)	Physical Education <ul style="list-style-type: none"> Students watch videos of instruction from their teachers and other sources Students complete tasks given through Google Classroom or other media sources Demonstrate learning through discussion, writing, or other varied means of expression (e.g. Google Slides, blogs, videos,etc.)

	<ul style="list-style-type: none"> • Students submit work digitally for teacher review and to receive feedback
12:00 - 12:45 (45 min.)	<p>Lunchtime Eat something healthy and delicious. Wash your hands!</p>
12:45 - 1:35 (50 min.)	<p>Core Science</p> <ul style="list-style-type: none"> • Students watch videos of instruction to guide their independent work • Students review narrated materials that scaffold reading and/or instruction • Students submit their work digitally to receive feedback
1:45 - 2:35 (50 min.)	<p>Elective</p> <ul style="list-style-type: none"> • Students watch videos of instruction to guide their independent work • Students review narrated materials that scaffold reading and/or instruction • Students submit their work digitally to receive feedback
As needed during the school day	<p>Communicate with your teacher. How did the day go today? What is going well? What are you struggling with? Arrange a time to get extra help as needed.</p>