

Upper School Distance-Learning Schedule 3/24 - 3/27

Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
Faculty In-Service Day No Check-ins Scheduled	Advisor Check-in 9:30-9:45	Advisor Check-in 9:30-9:45	Advisor Check-in 9:30-9:45	Advisor Check-in 9:30-9:45
	Block A Check-in 10:00-10:15	Block B Check-in 10:00-10:15	Block A Office Hours 10:00-10:50	Block B Office Hours 10:00-10:50
	Block C Check-in 11:00-11:15	Block D Check-in 11:00-11:15	Block C Office Hours 11:00-11:50	Block D Office Hours 11:00-11:50
	Lunch 12:00-12:30			
	Mindful Pause/Physical Education 12:30-1:00			
	Block E Check-in 1:00-1:15 PA 1:00-1:20	Block F Check-in 1:00-1:15	Block E Office Hours 1:00-1:50	Block F Office Hours 1:00-1:50
	Block G Check-in 2:00-2:15	Block H Check-in 2:00-2:15	Block G Office Hours 2:00-2:50	Block H Office Hours 2:00-2:50
	AP Bio Lab 3:00-3:30	AP Physics Lab 3:00-3:30	AP Chem Lab 3:00-3:30	AP Physics E&M Lab 3:00-3:30
Online Extracurricular Activities (TBD) 3:30-4:00				

Upper School Distance-Learning Schedule 3/30 - 4/3

Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2	Friday 4/3
Advisor Check-in 9:30-9:45	Advisor Check-in 9:30-9:45	Advisor Check-in 9:30-9:45	Advisor Check-in 9:30-9:45	Advisor Check-in 9:45-10:15
Block A Check-in 10:00-10:15	Block B Check-in 10:00-10:15	Block A Office Hours 10:00-10:50	Block B Office Hours 10:00-10:50	Faculty Meetings
Block C Check-in 11:00-11:15	Block D Check-in 11:00-11:15	Block C Office Hours 11:00-11:50	Block D Office Hours 11:00-11:50	Faculty Meetings
Lunch 12:00-12:30				
Mindful Pause/Physical Education 12:30-1:00				
Block E Check-in 1:00-1:15 PA 1:00-1:20	Block F Check-in 1:00-1:15	Block E Office Hours 1:00-1:50	Block F Office Hours 1:00-1:50	Fun Stuff (TBD)
Block G Check-in 2:00-2:15	Block H Check-in 2:00-2:15	Block G Office Hours 2:00-2:50	Block H Office Hours 2:00-2:50	Fun Stuff (TBD)
AP Bio Lab 3:00-3:30	AP Physics Lab 3:00-3:30	AP Chem Lab 3:00-3:30	AP Physics E&M Lab 3:00-3:30	
Online Extracurricular Activities (TBD) 3:30-4:00				

Q & A for Students

What is a check-in?

Teachers will invite you to check-in through Google Meet. During the meeting, please acknowledge that you received the posted assignment and feel free to ask questions.

What if I miss a check-in?

Contact your teacher via Google Classroom as soon as possible. We understand that some of you are sharing devices and have taken on additional responsibilities during this transition, so teachers will be flexible to a degree as we all transition to this new learning format.

What are office hours?

This is a designated time for each class when students can check in with teachers and ask questions. If you don't have questions, you are not required to check-in. Teachers might also reach out to students during office hours.

What will the lessons look like?

Initially, most lessons and assignments will be ***asynchronous***. This means that the lessons/assignments can be completed at a time outside of the scheduled class time. That said, if you are available to work on the lesson and/or assignment immediately following the check-in, you should do so.

Eventually, we would like to offer more ***synchronous*** activities. These are lessons and/or activities where students and teachers interact in real time. These might include a meeting through Google Meet or an online discussion.

What is the mindful pause and physical education block?

Each day, Ms. Perryman and others will post a video on mindfulness, which may include some a breathing exercise and/or mediation. As you transition to a new system of learning, this a great way to center yourself and relieve anxiety.

The Physical Education Department has also posted some activities on their Google Classroom sites. Please follow their instructions and complete the activities. Now more than ever, it is important for you to stay active and healthy!