

# Waldport Distance Learning Schedule



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Student Schedule

8:00-9:00  
Breakfast  
Log in to Classrooms  
Check email

9:00-10:30  
\*Period 1

10:30-12:00  
\*Period 2

Noon-12:30  
Lunch

12:30-3:00  
Complete homework  
Check email  
Contact teachers  
Supplemental activities  
\*Teacher office hours

3:00-4:00  
Wellness activities

8:00-9:00  
Breakfast  
Log in to Classrooms  
Check email

9:00-10:30  
Wellness Activities  
Supplemental activities

10:30- Noon  
\*Period 3

Noon-12:30  
Lunch

12:30-3:00  
Complete homework  
Check email  
Contact teachers  
Supplemental activities  
\*Teacher office hours

3:00-4:00  
Wellness activities

8:00-9:00  
Breakfast  
Log in to Classrooms  
Check email

9:00-10:30  
\*Period 4

10:30- Noon  
\*Period 5

Noon-12:30  
Lunch

12:30-2:00  
Complete homework  
Check email  
Contact teachers  
Supplemental activities  
\*Teacher office hours

2:00-4:00  
Wellness activities

8:00-9:00  
Breakfast  
Log in to Classrooms  
Check email

9:00-10:30  
\*Period 6

10:30-Noon  
\*Period 7

Noon-12:30  
Lunch

12:30-3:00  
Complete homework  
Check email  
Contact teachers  
Supplemental activities  
\*Teacher office hours

3:00-4:00  
Wellness activities

8:00-9:00  
Breakfast  
Log in to Classrooms  
Check email

9:00-12:00:  
Homework  
Contact Teachers  
Wellness Activities  
Supplemental Activities

Noon-12:30  
Lunch

12:30-3:00  
Complete homework  
Check email  
Contact teachers  
Supplemental activities  
\*Teacher office hours

3:00-4:00  
Wellness activities

- \* The "period" time is the best time to contact that teacher with questions. Students should follow teacher guidelines for delivery of lessons and materials.
- \* Contact your teacher for their specific office hour schedule

Grade Level	Teacher-Led Learning:	Learning and Supplemental Activities:	Meeting Nutrition and Wellness Needs:
7-12	<b>3 Hours Maximum per day</b> Ex: 30 min video lesson 30 min Ind/Sm Group support	<b>2 Hours Recommended per day</b>	<b>2 Hours Recommended per day</b>
	<u>Teacher Contact Times</u>  <b>Monday:</b> 1st and 2nd Period <b>Tuesday:</b> 3rd Period <b>Wednesday:</b> 4th and 5th Period <b>Thursday:</b> 6th and 7th Period <b>Friday:</b> Intervention	<ul style="list-style-type: none"> <li>● 30-60 Minute Reading</li> <li>● Research Careers</li> <li>● Independent Research</li> <li>● Making Music</li> <li>● SEL activities (talk time)</li> <li>● Educational programs on public television</li> <li>● Observations of local environment “I wonder”</li> <li>● Journaling, Creative Writing</li> <li>● Identify, Solve a Local Problem</li> </ul>	<ul style="list-style-type: none"> <li>● Walking</li> <li>● Jogging</li> <li>● Mindfulness/Yoga/Stretching</li> <li>● Workout Videos</li> <li>● Planning/Cooking/Cleaning Meals</li> <li>● Riding Bike/Skateboard</li> <li>● Scheduled Meal time</li> <li>● Intentional Handwashing</li> </ul>

Updated 4/14/20