

Middle and High School Sample Schedules

Sample Middle School Schedule

Time	Virtual
8:00-8:15	Student Preparation, Planning
8:15-9:00	Breakfast, Student Support Period A.M. (moved from afternoon), Transition to Period 1
9:00-10:00	Period 1/5
10:00-10:15	Break
10:15-11:15	Period 2/6
11:15 – 12:30	Lunch and Wellness Break
12:30-1:30	Period 3/6
1:30-1:40	Break
1:40-2:40	Period 4/8
2:45-3:00	Student Support Period P.M.
3:00-3:15	Student Closure

Sample High School Schedule

Time	Virtual
7:30 – 7:45	Student Preparation, Planning
7:45 – 9:00	Breakfast, Student Support Period (moved from afternoon), Transition to Period 1
9:00 – 10:00	Period 1/5
10:00 – 10:15	Break
10:15 – 11:15	Period 2/6
11:15 – 12:20	Lunch and Wellness Break
12:20 – 1:20	Period 3/6
1:20 – 1:30	Break
1:30 – 2:30	Period 4/8
2:30 – 2:45	Student Closure