

OLCHS REMOTE LEARNING SCHEDULE

STUDENT VERSION

	Schedule A Mon/Wed Periods: 1-6/7 & Zero Hour	Schedule B Tue/Thu Periods: 7/8 - 11	Schedule C Friday Spartan Plus No designated meets
9:00 am	Students check email and online platforms for info from teachers Zero Hour	Students check email and online platforms for info from teachers	Students check email and online platforms for info from teachers
Students sign-in to Skyward for attendance by 10:00 am			
10:00 am	Period 1	Period 7/8, 7/9, 8/9	Spartan Plus: Students work on assignments throughout the day and contact teachers as needed
11:00 am	Period 2	Period 10	
12:00 pm	Period 5/6, 5/7, 6/7	Period 11	
By 1:00 pm	Students contact teachers with any questions by 1:00 PM	Students contact teachers with any questions by 1:00 PM	
By 2:00 pm	Students check email and online platforms for updates from teachers		

Monday	Tuesday	Wednesday	Thursday	Friday
March 30 - eInstitute for teachers	March 31 - Remote Learning Tutorial for Students	April 1 - Schedule A	April 2 - Schedule B	April 3 - Schedule C
April 6 - Schedule A	April 7 - Schedule B	April 8 - Schedule A	April 9 - Schedule B	April 10 - No School
April 13 - Schedule A	April 14 - Schedule B	April 15 - Schedule A	April 16 - Schedule B	April 17 - Schedule C

*Note- April 8 - 17 have not officially been determined as remote learning days as of 3/26/20.

OLCHS REMOTE LEARNING TIPS

FOR STUDENTS

STAY CONNECTED AND COMMUNICATE

- It is more important than ever to regularly check your email as well as your classroom apps. Email is our official mode of communication. You should check your email at least twice a day to ensure you are receiving important communication.
- For assignment help, email your teacher with questions or issues.
- Counselors, social workers, and administrators are also just an email away.
- During this school closure, OLCHS will continue to support your iPad. iPad support can be reached by emailing ipadsupport@olchs.org.

FOLLOW THE SCHEDULE AND KEEP A ROUTINE

- Follow the OLCHS REMOTE LEARNING SCHEDULE for each day.
- Prioritize your school work and set aside time to complete your course assignments.
- Review assignment deadlines and set reminders for yourself to complete tasks.
- Keep a routine. Get up on time and work during normal school hours to help maintain a sense of normalcy and efficiency.
- Create a regular study space and stay organized. Minimize distractions such as phones and non-school related apps.

STAY HEALTHY MENTALLY AND PHYSICALLY

- Because remote learning requires more time on your iPad, make sure you take breaks, go outside for a run or walk as long as you observe the social distancing guidelines.
- Steer clear of crowds, don't touch your face, and wash your hands often.
- Get the recommended amount of sleep and eat foods that nourish you.
- Stay in touch with friends and loved ones.
- Try some new online workouts. Down Dog has a suite of apps (Yoga, HIIT, Meditation, etc.) that are free to you if you sign up using your OLCHS email. You can also try Calm.com. They are offering a free trial during this school closure and offer calming music, podcasts, and videos.
- Check-in with the Mood Meter app. It can offer suggestions on how to manage your emotions if needed.