

Sample Schedule: Distance Learning

EHPS Families: Middle and high school students can expect weekly lessons and assignments to be posted by their teachers on a weekly basis. This means that students should not expect to be following their class schedule at home. Instead, they can organize their learning in a way that allows for more time to complete work that has been assigned to them, while also giving them more time to ask questions of their teachers if necessary. A sample schedule is provided below.

	Middle & High School Students A Day	Middle & High School Students B Day
8:00 a.m. - 8:30 a.m.	BREAKFAST AND FAMILY CHECK-IN *Ask your child how he/she is doing with all of the changes and experiences. Talk to him/her about the new learning environment.	
8:30 a.m. - 8:45 a.m.	WORK READINESS & MINDFUL MOMENT *Help your child to practice mindfulness and get him/her ready to learn by finding a quiet and comfortable place to access the EHPS Distance Learning Plan (DLP).	
8:45 a.m.- 9:00 a.m.	LOG ON TO THE DLP *Direct your child to log on to the EHPS Distance Learning Plan to find the assignments for each of his/her classes http://www.easthartford.org/	
9:00 a.m. – 10:00 a.m.	ENGLISH LANGUAGE ARTS *Have your child begin work on one subject area such as English Language Arts. If he/she has questions about his/her work, he/she can reach out to a teacher via email any time during the hours of 8:00 a.m.- 3:00 p.m.	MATHEMATICS *Have your child begin work on one subject area such as Math. If he/she has questions about his/her work, he/she can reach out to a teacher via email any time during the hours of 8:00 a.m.- 3:00 p.m.
10:00 a.m.- 10:45 a.m.	FINE & PERFORMING ARTS *Encourage your child to check the EHPS website to see what his/her Music or Art teacher has asked him/her to complete.	WORLD LANGUAGE *Encourage your child to check the EHPS website to see what his/her World Language teacher has asked him/her to complete.
10:45 a.m.- 11:15 a.m.	BREAK * Grab a healthy snack.	
11:15 a.m. – 12:15 p.m.	SOCIAL STUDIES *Ask your child to move on to another subject area like social studies.	SCIENCE *Ask your child to move on to another subject area like science.
12:15 p.m.- 1:00 p.m.	TEACHER CHECK-IN *Encourage your child to use this time to reach out to teachers with questions about assignments.	
1:00 p.m.- 2:00 p.m.	ELECTIVE CLASS *Ask your child if he/she has any other classes (e.g. technology, business, reading, etc.) for which the website should be checked for posted assignments.	PE/HEALTH *Ask your child to complete the day by checking to see if he/she has an assignment posted for a subject like PE/Health.