

A Typical Day for Lower School Friends@Home

Included are some notes to present a more detailed explanation of each time block.
Wednesday will continue to run on an alternate schedule, and we will share details soon.

With PE, we know the research on getting moving first thing in the morning. We will offer a daily activity or movement that ideally kids can return to at the "stretch periods" later in the day.

This morning work time will be separated out differently depending on the developmental needs at each grade level. In K-1 there will be three academic sessions in this time with appropriate breaks and in 2/3/4 there will be two academic sessions with appropriate breaks.

In a grade level, one class will have a 45 minute specialist class that will be synchronous with asynchronous elements. While one class in a grade level is having a live specialist experience, there will be an asynchronous lesson available from another teacher for the other class to take part in.

This is a time for students to disconnect from their devices and settle themselves to get ready for the afternoon. For some children this could be a physically active time, a choice time or a time to rest and do something quiet. Teachers will support students to find the activities that best meet their needs during this time.

This block will be the opposite of the one before lunch. The class that had a live specialist will have specials/community block, and vice versa.

K/1 students developmentally need a shorter day so will end earlier.

9:00 - 9:15 Morning Exercises	
9:15 - 9:30 Morning Meeting	
9:30 - 11:30 Academic Sessions (with breaks)	
11:30 - 12:15 Specialists and Community Block	
12:15-12:30 Break	
12:30 - 1:00 Chatty Lunch	
1:00 - 1:30 Rest and Recharge	
1:30 - 2:15 Specialists and Community Block	
2:15 - 2:30 K-1 Closing Circle	2:15 - 3:00 2/3/4 Academic Session
2:30 - 3:30 Optional E.D. activities	3:00 - 3:15 2/3/4 Closing Circle
	3:30 - 4:30 Optional E.D. activities

For example, kids will be instructed to do a certain type of exercise, dance to a certain song, follow a series of stretches etc.

A morning meeting with the class gets everyone started with their day and strengthens community connections.

Academic sessions cover subject areas (reading, writing, math, science, social studies, and creative project work). These lessons happen in a combination of synchronous and asynchronous, in whole or small groups depending on the developmental needs for each grade.

Meanwhile, for the class with an asynchronous specialist lesson, there is time for classroom teachers to have one-on-one check-ins with students and parents along with time for live social emotional interactions and support as necessary

A time to not interact with screens, move, use the restroom, do what one needs.

Students can have lunch and chat with friends live on zoom. These will be facilitated by parents or other adults in the school.

Developmentally 2/3/4th grade students can work for longer times. This block can be used as a third academic session or extension activities such as games, completing work from the morning, or working on longer-term projects.