

Sample Weekday Schedule for High School

9:00 AM: Breakfast

9:30 – 11:30 AM: School/Study time

11:00 – 11:30 AM: Each Wednesday at 11AM you are required to check in to google meet for a guidance check in

11:30 – 12:00 PM: Read/Khan Academy for 10th & 11th/Check Genesis or designated sites as instructed by classroom teachers

12:00 – 12:30 PM: Lunch

12:30 – 1:00 PM: House chores (Make bed, clean room, laundry, etc.)

1:00 – 2:00 PM: School/Study time

2:00 – 3:00 PM: Games/Puzzle time or Active Time (Walk, yoga, etc...)

3:00 – 3:30 PM: Social Media

3:30 – 4:30 PM: Gaming (Movie, drawing, etc.)

4:30 – 5:00 PM: Study/Read

5:00 – 5:30 PM: Shower

5:30 – 6:00 PM: FaceTime/Call family/friends

6:00 – 7:00 PM: Dinner

7:00 – 8:00 PM: Family time