

Elementary School

- * Set a wake up time each day *
- * Eat healthy meals and snacks *
- * Include physical exercise each day *
- * Set academic times for school work *
 - * Include rest and quiet time *
- * Make time for friends and family *
- * Set a healthy bedtime *

Learning From Home - Daily Student Routine

1 - Identify a place to study

- Avoid TV, phones, and other conversations
- Find a comfortable place to sit upright and organize your materials
- Let other people around you know it is your study time



2 - Set a school work schedule *What will your day look like?*

- Think about your day. When is the best time to do school work?
 - Consider other responsibilities you have: chores, etc.
 - Consider your free time and plan for that, too
 - Plan your day. Decide when you will do school work. Commit to that time
- Take breaks as needed



3 - Determine your tasks for the day

- Log into your itslearning homeroom course each day
- Determine what your tasks/assignments are for that day
- Work on one task at a time to complete the task/assignment



4 - Complete the tasks

- Need assistance?
- Reach out to fellow classmates
- Reach out to your teacher by email. Remember, your teacher is not 'on call'. Be patient waiting for a response.