

# Fraser High School and Richards Middle 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 for school work?
  - Consider other responsibilities you have: babysitting, work, chores, etc.
  - Consider your free time and plan that in, too
  - Plan your day. Decide when you will do homework. Commit to that time
- Take breaks as needed



### 3 - Determine your tasks for the day

- Log into BlackBoard each day
- For each class, determine what your tasks/assignments are for that day
- Work on one class at a time to complete the task/assignments that have been posted for that week



### 4 - Complete the tasks

- Remember to turn your task/assignment in to your teacher
- Need assistance?
  - Reach out to fellow classmates
  - Join your teacher's scheduled GoToMeeting
  - Reach out to your teacher by email. Remember, your teacher is not 'on call'. Be patient waiting for a response.