

Student Name:	
Student Name:	

Grade: _____ Lunch Shift: A Lunch Shift

D. d. d	m:	G	m t	m. D. I	No. (Description (Transport	
<u>Period</u>	<u>Time</u>	Course	Teacher	To Do's	Notes/Reminders/Homework	
		vvai	ke Up, Eat Breakfast, Get Ready T	o Start The Day		
			T	✓ Log In To Laptop		
	9:25			✓ Go to Google Chrome and		
				Launch.ocps.net		
1 st Period	9:30 – 10:16			✓ Open Canvas Tile for course✓ Check Announcements		
renod	W 9:30 – 10:07			✓ Submit any homework		
		4	Minute Break – Take a walk arour	nd the house.		
	10:20 – 11:12			✓ Open Canvas Tile for course		
2 nd Period	W10:11-10:54			✓ Check Announcements✓ Submit any homework		
			A Lunch 11:12-11:4	*		
			W 10:54-11:24	2		
			4 Minute Break – Take 5 deep	breaths.		
	11:46 – 12:33			✓ Open Canvas Tile for course		
3 rd Period	W 11:28-12:06			✓ Check Announcements✓ Submit any homework		
		4 Mir	nute Break – Get up and stretch! R	· · · · · · · · · · · · · · · · · · ·		
	12:37 –1:24			✓ Open Canvas Tile for course		
4 th Period	W 12:10-12:48			✓ Check Announcements ✓ Submit any homework		
	W 12.10-12.40 ✓ Submit any homework 4 Minute Break – Be sure to get a healthy snack!					
	1:28 – 2:15		, and the second	✓ Open Canvas Tile for course		
5 th Period	W 12:52-1:30			Check Announcements		
	W 12.32=1.30 ✓ Submit any homework 4 Minute Break – Think of 2 positive things that have happened today.					
		4 Millate Bit	cak Think of 2 positive things the	✓ Open Canvas Tile for course		
6 th Period	2:19 – 3:06 W 1:34-2:14			✓ Check Announcements		
	VV 1.34-2.14 ✓ Submit any homework 4 Minute Break – Get up and dance because the day is almost done.					
		4 Minute Bi	reak – Get up and dance because	•		
7 th Period	3:10 – 3:57			✓ Open Canvas Tile for course✓ Check Announcements		
	W 2:18- 2:54			✓ Submit any homework		
	Finish up any homework, end the day on a positive note, go outside and get some fresh air. Tomorrow is another day!					



Grade: _____ Lunch Shift: B Lunch Shift

Period	Time	Сонка	Teacher	To Do's	Notes/Reminders/Homework
remoa	<u>Time</u>	Course			Moles/ Reminders/ nomework
	Wake Up, Eat Breakfast, Get Ready To Start The Day				
			T	✓ Log In To Laptop	
	9:25			✓ Go to Google Chrome and	
				Launch.ocps.net ✓ Open Canvas Tile for course	
1 st Period	9:30 – 10:16 W 9:30-10:07			✓ Check Announcements	
	W 9.30-10.07			✓ Submit any homework	
		4	Minute Break - Take a walk arou	nd the house.	
and D	10:20 – 11:12			✓ Open Canvas Tile for course	
2 nd Period	W 10:11- 10:54			✓ Check Announcements✓ Submit any homework	
			4 Minute Break – Take 5 deep	<u> </u>	
	11:16 -12:03			✓ Open Canvas Tile for course	
3 rd Period	W 10:58 – 11:36			✓ Check Announcements✓ Submit any homework	
			B Lunch 12:03-12:3		
		4.14	W 11:36-12:06	and for the stad	
		4 Mii	nute Break – Get up and stretch! R	each for the sky! ✓ Open Canvas Tile for course	
4 th Period	12:37 –1:24 W 12:10-12:48			✓ Check Announcements	
	VV 12.10-12.40			✓ Submit any homework	
	1	4	Minute Break – Be sure to get a h		
5 th Period	1:28 - 2:15 W 12:52 - 1:30			✓ Open Canvas Tile for course✓ Check Announcements	
	W 12.32 - 1.30			✓ Submit any homework	
4 Minute Break – Think of 2 positive things that have happened today.					
6 th Period	2:19 – 3:06			✓ Open Canvas Tile for course✓ Check Announcements	
	W 1:34- 2:14			✓ Submit any homework	
	4 Minute Break – Get up and dance because the day is almost done.				
7 th Period	3:10 – 3:57			✓ Open Canvas Tile for course✓ Check Announcements	
	W 2:18 – 2:54			✓ Submit any homework	
	Finish up any homework, end the day on a positive note, go outside and get some fresh air. Tomorrow is another day!				



Student Name:	
Student Name:	

Grade: _____ Lunch Shift: C Lunch Shift

<u>Period</u>	<u>Time</u>	Course	<u>Teacher</u>	To Do's	Notes/Reminders/Homework
	Wake Up, Eat Breakfast, Get Ready To Start The Day				
	9:25			✓ Log In To Laptop ✓ Go to Google Chrome and Launch.ocps.net	
1 st Period	9:30 – 10:16 W 9 :30 – 10:07			 ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
		4	Minute Break – Take a walk arour	d the house.	
2 nd Period	10:20 – 11:12 W 10:11-10:54			 ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
			4 Minute Break – Take 5 deep	breaths.	
3 rd Period	11:16 -12:03 W 10:58- 11:36			✓ Open Canvas Tile for course✓ Check Announcements✓ Submit any homework	
		4 Mir	nute Break – Get up and stretch! R	each for the sky!	
4 th Period	12:07 – 12:54 W 11:40 – 12:18			✓ Open Canvas Tile for course✓ Check Announcements✓ Submit any homework	
	C Lunch 12:54 – 1:24 W 12:18-12:48				
		4	Minute Break – Be sure to get a ho		
5 th Period	1:28 – 2:15 W 12:52-1:30			✓ Open Canvas Tile for course✓ Check Announcements✓ Submit any homework	
4 Minute Break – Think of 2 positive things that have happened today.					
6 th Period	2:19 - 3:06 W 1:34-2:14			✓ Open Canvas Tile for course✓ Check Announcements✓ Submit any homework	
4 Minute Break – Get up and dance because the day is almost done.					
7 th Period	3:10 – 3:57 W 2:18-2:54			✓ Open Canvas Tile for course✓ Check Announcements✓ Submit any homework	
	Finish up any homework, end the day on a positive note, go outside and get some fresh air. Tomorrow is another day!				