

Student Name:	

Grade: Lunch Shift: A Lunch Shift

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<u>Period</u>	Time	Course	<u>Teacher</u>	To Do's	Notes/Reminders/Homework
Wake Up, Eat Breakfast, Get Ready To Start The Day					
	9:25a			✓ Log In To Laptop ✓ Go to Google Chrome and Launch.ocps.net	
1 <sub>st</sub> Period	9:30a – 10:16a W 9:30a – 10:07a			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework	
		4 1	Minute Break – Take a walk arou	and the house.	
2 <sub>nd</sub> Period	10:20a – 11:12a W10:11a -10:54a			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework	
A Lunch: 11:12am - 11:42am (Wed. 10:54am - 11:24am)					
			4 Minute Break - Take 5 deep	breaths.	
3rd Period	11:46a – 12:33p W 11:28a-12:06p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
		4 Minu	ite Break – Get up and stretch! F	Reach for the sky!	
4th Period	12:37p -1:24p W 12:10p-12:48p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
		41	Minute Break – Be sure to get a h	healthy snack!	
5th Period	1:28p – 2:15p W 12:52p -1:30p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Think of 2 positive things that have happened today.					
6th Period	2:19p – 3:06p W 1:34p - 2:14p			<ul><li>✓ Open Canvas Tile for course</li><li>✓ Check Announcements</li><li>✓ Submit any homework</li></ul>	
4 Minute Break – Get up and dance because the day is almost done.					
7th Period	3:10p – 3:57p W 2:18p - 2:54p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
	Finish up a	any homework, end the	day on a positive note, go outs	ide and get some fresh air. Tomorrow	is another day!



Student Name:	

Grade: Lunch Shift: B Lunch Shift

	1				
Period	Time	Course	<u>Teacher</u>	To Do's	Notes/Reminders/Homework
Wake Up, Eat Breakfast, Get Ready To Start The Day					
	9:25a			✓ Log In To Laptop ✓ Go to Google Chrome and Launch.ocps.net	
1 <sub>st</sub> Period	9:30a – 10:16a W 9:30a – 10:07a			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework	
4 Minute Break – Take a walk around the house.					
2 <sub>nd</sub> Period	10:20a – 11:12a W 10:11a -10:54a			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework	
			4 Minute Break - Take 5 deep	breaths.	
3rd Period	11:16a -12:03p W 10:58a – 11:36a			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework	
		B Lunch: 12	2:03pm - 12:33pm (Wed	l 11:36am - 12:06pm)	
		4 Minu	ite Break – Get up and stretch! F	Reach for the sky!	
4th Period	12:37p -1:24p W 12:10p -12:48p			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework	
		4 1	Minute Break – Be sure to get a h	nealthy snack!	
5th Period	1:28p – 2:15p W 12:52p -1:30p			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework	
4 Minute Break – Think of 2 positive things that have happened today.					
6th Period	2:19p – 3:06p W 1:34p - 2:14p			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework	
4 Minute Break – Get up and dance because the day is almost done.					
7th Period	3:10p – 3:57p W 2:18p - 2:54p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
	Finish up a	ny homework, end the	day on a positive note, go outs	ide and get some fresh air.Tomorrow i	s another day!



Student Name:	
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Grade: Lunch Shift: C Lunch Shift

Period	Time	Course	Teacher	To Do's	Notes/Reminders/Homework	
	Wake Up, Eat Breakfast, Get Ready To Start The Day					
	9:25a			✓ Log In To Laptop ✓ Go to Google Chrome and Launch.ocps.net		
1 <sub>st</sub> Period	9:30a – 10:16a W 9:30a – 10:07a			✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework		
		4 1	Minute Break – Take a walk arou	nd the house.		
2 <sub>nd</sub> Period	10:20a – 11:12a W10:11a -10:54a			<ul><li>✓ Open Canvas Tile for course</li><li>✓ Check Announcements</li><li>✓ Submit any homework</li></ul>		
			4 Minute Break - Take 5 deep	breaths.		
3rd Period	11:16a -12:03p W 10:58a - 11:36a			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>		
		4 Minu	ite Break – Get up and stretch! F	Reach for the sky!		
4th Period	12:07p – 12:54p W 11:40a – 12:18p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>		
	C Lunch: 12:54pm – 1:24pm (Wed. 12:18pm - 12:48pm)					
		4 1	Minute Break – Be sure to get a h	healthy snack!		
5th Period	1:28p – 2:15p W 12:52p -1:30p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>		
4 Minute Break – Think of 2 positive things that have happened today.						
6th Period	2:19p – 3:06p W 1:34p - 2:14p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>		
4 Minute Break – Get up and dance because the day is almost done.						
7th Period	3:10p – 3:57p W 2:18p - 2:54p			<ul> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>		
	Finish up any homework, end the day on a positive note, go outside and get some fresh air.Tomorrow is another day!					