

# 8<sup>th</sup> Grade Remote Learning Daily Schedule

Monday and Wednesday	Tuesday and Thursday	Time	Allotted Time
HOMEROOM	HOMEROOM	9:00 a.m. – 9:05 a.m.	5 min
FLEX (Instructional Focus)	FLEX (Instructional Focus)	9:05 a.m. – 9:50 a.m.	45 min
<b>Brain Breaks</b>		<b>9:50 a.m. – 10:05 a.m.</b>	<b>15 min</b>
<b>A-Day Connection 1st Period</b>	B-Day Connection 2 <sup>nd</sup> Period	10:05 a.m. – 11:05 a.m.	60 min
<b>LUNCH</b>	<b>LUNCH</b>	11:05 a.m. – 11:55 a.m.	45 min
3 <sup>rd</sup> Period	4 <sup>th</sup> Period	12:00 p.m. – 1:30 p.m.	90 min
<b>Brain Break</b>		<b>1:30 p.m. – 1:45 p.m.</b>	<b>15 min</b>
5 <sup>th</sup> Period	6 <sup>th</sup> Period	1:45 p.m. – 3:15 p.m.	90 min

Friday	Time	Allotted Time
HOMEROOM	HOMEROOM	5 min
FLEX (Reading Assessment/Advisement/2 <sup>nd</sup> Step)	9:00 a.m. – 9:45 a.m.	45 min
<b>Brain Breaks</b>	<b>9:50 a.m. – 10:05 a.m.</b>	<b>15 min</b>
Connection Small Groups/Office Hours A-Day Group B- Day Group	10:05 a.m. – 10:35 a.m. 10:40 a.m. - 11:05 a.m.	60 min
<b>LUNCH</b>	11:05 a.m. – 11:55 a.m.	50 min
Academic Small Groups/Office Hours 3 <sup>rd</sup> Period 5 <sup>th</sup> Period	12:00 p.m. – 12:45 p.m. 12:50 p.m. - 1:35 p.m.	90 min
<b>Brain Breaks</b>	<b>1:30 p.m. – 1:45 p.m.</b>	<b>15 min</b>
Academic Small Groups/Office Hours 4 <sup>th</sup> Period 6 <sup>th</sup> Period	1:40 p.m. – 2:25 p.m. 2:30 p.m. - 3:15 p.m.	90 min

## What Are Brain Breaks?

A brain break is just what it sounds like—a break from whatever kids are focusing on. They reduce stress and frustration and increase attention and productivity, making it easier to focus on important tasks. [Visit our school's website for a list of Brain Break activities.](#)