



AT-HOME LEARNING

Daily Schedule for 9th - 12th Grade

A CALIFORNIA PUBLIC EDUCATION PARTNERSHIP

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM - 9:00 AM	Breakfast / Get Ready				
9:00 AM - 6:00 PM	Watch High School programming (ex. Nova) throughout the day, as needed. Students can watch: KCET from 9 am - 3 pm and KLCS from 1pm - 6pm.				
9:00 AM - 10:00 AM	Students complete assignments provided by their teachers. If possible, have students create a space in your home where they can work. For students with internet access, additional resources can be found on PBS LearningMedia for high school English Language Arts, Math, Science, U.S. History, World History, and Government/Economics.				
10:00 AM - 10:15 AM	Break: Stretch, have a snack and drink plenty of water throughout the day.				
10:15 AM - 12:00 PM	Continue work on assignments. Encourage your students to stand up, stretch, and take breaks when needed.				
12:00 PM - 12:30 PM	Lunch: Go outside and move. Check-in with your students. Are they nervous or have questions about what they are hearing on the news and social media? Limit information intake and keep communication open. Encourage students to only focus on reliable, fact-based reporting.				
12:30 PM - 3:30 PM	Continue work on assignments. Encourage your students to stand up, stretch, and take breaks when needed.				
3:30 PM - 4:00 PM	End of school day. If your students have any additional work to complete for the day, have your students take a break, eat a snack, and go outside before continuing work.				
4:00 PM - 6:00 PM	Students finish any work assigned for the day.				
6:00 PM - 10:00 PM	Relax, go outside and do extracurricular activities that can be done from home. Ask students how their school day went. If appropriate, students can stay connected with friends via phone calls or social media to have social interaction with their peers and combat feelings of isolation.				
10:00 PM	Lights out, time to sleep!				

Please visit PBSSoCal.org/AtHomeLearning for additional parent and student resources.
 To stream PBS programs, download the PBS Video and PBS KIDS Apps.

