

UMA High School Distance Learning Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:20-9:45	Advisory	Advisory	Advisory	Advisory	Advisory
9:50-10:35	Block 1A	Block 1B			
10:40-11:25	Block 2A	Block 2B			
11:30-12:15			Block 3A	Block 3B	
12:20-1:05			Block 4A	Block 4B	
1:05-1:50	Lunch	Lunch	Lunch	Lunch	Lunch
1:50-4:30					

*Your Advisory Teacher will tell you their daily advisory expectations - some days will be synchronous, other days will be check-ins on schoology

Write your classes in the shaded boxes-
 these will be synchronous class periods.
Any open, white spaces are available for you to plan out your work and break time
 - make a plan and stick to it.

Ideas for the blank spaces:

- Check-in with Teacher for office hours
- Check Schoology for assignments
- Do asynchronous work for a class
- Contact a classmate to collaborate
- Send schoology messages to teachers
- Take a brain break
- Take a movement break
- Do some self-care
- Have a snack/ Eat lunch