



Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Lunch Shift: 6<sup>th</sup> Grade Lunch

Period	Time	Course	Teacher	To Do's	Notes/Reminders/Homework
Wake Up, Eat Breakfast, Get Ready To Start The Day					
	9:25			<ul style="list-style-type: none"> <li>✓ Log In To Laptop</li> <li>✓ Go to Google Chrome and Launch.ocps.net</li> </ul>	
1 <sup>st</sup> Period	9:30 – 10:21 W 9:30 – 10:12			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Take a walk around the house.					
2 <sup>nd</sup> Period	10:25 – 11:12 W 10:16-10:54			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
Lunch 11:12-11:42 W 10:54-11:24					
4 Minute Break – Take 5 deep breaths.					
3 <sup>rd</sup> Period	11:46 – 12:33 W 11:28-12:06			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Get up and stretch! Reach for the sky!					
4 <sup>th</sup> Period	12:37 – 1:24 W 12:10-12:48			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Be sure to get a healthy snack!					
5 <sup>th</sup> Period	1:28 – 2:15 W 12:52-1:30			<ul style="list-style-type: none"> <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.					
6 <sup>th</sup> Period	2:19 – 3:06 W 1:34-2:14			<ul style="list-style-type: none"> <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.					
7 <sup>th</sup> Period	3:10 – 3:57 W 2:18- 2:54			<ul style="list-style-type: none"> <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!					



Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Lunch Shift: 7<sup>th</sup> Grade Lunch

Period	Time	Course	Teacher	To Do's	Notes/Reminders/Homework
Wake Up, Eat Breakfast, Get Ready To Start The Day					
	9:25			<ul style="list-style-type: none"> <li>✓ Log In To Laptop</li> <li>✓ Go to Google Chrome and Launch.ocps.net</li> </ul>	
1 <sup>st</sup> Period	9:30 – 10:21 W 9:30-10:12			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Take a walk around the house.					
2 <sup>nd</sup> Period	10:25 – 11:12 W 10:16- 10:54			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Take 5 deep breaths.					
3 <sup>rd</sup> Period	11:16 -12:03 W 10:58 – 11:36			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
Lunch 12:03-12:33 W 11:36-12:06					
4 Minute Break – Get up and stretch! Reach for the sky!					
4 <sup>th</sup> Period	12:37 –1:24 W 12:10-12:48			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Be sure to get a healthy snack!					
5 <sup>th</sup> Period	1:28 – 2:15 W 12:52 – 1:30			<ul style="list-style-type: none"> <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.					
6 <sup>th</sup> Period	2:19 – 3:06 W 1:34- 2:14			<ul style="list-style-type: none"> <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.					
7 <sup>th</sup> Period	3:10 – 3:57 W 2:18 – 2:54			<ul style="list-style-type: none"> <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!					



Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Lunch Shift: 8<sup>th</sup> Grade Lunch

<u>Period</u>	<u>Time</u>	<u>Course</u>	<u>Teacher</u>	<u>To Do's</u>	<u>Notes/Reminders/Homework</u>
Wake Up, Eat Breakfast, Get Ready To Start The Day					
	9:25			<ul style="list-style-type: none"> <li>✓ Log In To Laptop</li> <li>✓ Go to Google Chrome and Launch.ocps.net</li> </ul>	
1 <sup>st</sup> Period	9:30 – 10:21 W 9 :30 – 10:12			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Take a walk around the house.					
2 <sup>nd</sup> Period	10:25 – 11:12 W 10:16-10:54			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Take 5 deep breaths.					
3 <sup>rd</sup> Period	11:16 -12:03 W 10:58- 11:36			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
4 Minute Break – Get up and stretch! Reach for the sky!					
4 <sup>th</sup> Period	12:07 – 12:54 W 11:40 – 12:18			<ul style="list-style-type: none"> <li>✓ Open Canvas Tile for course</li> <li>✓ Check Announcements</li> <li>✓ Submit any homework</li> </ul>	
Lunch 12:54 – 1:24 W 12:18-12:48					
4 Minute Break – Be sure to get a healthy snack!					
5 <sup>th</sup> Period	1:28 – 2:15 W 12:52-1:30			<ul style="list-style-type: none"> <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.					
6 <sup>th</sup> Period	2:19 – 3:06 W 1:34-2:14			<ul style="list-style-type: none"> <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.					
7 <sup>th</sup> Period	3:10 – 3:57 W 2:18-2:54			<ul style="list-style-type: none"> <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!					

