

# School Schedule

**8:00 AM: WAKE UP AND EAT A GOOD BREAKFAST**

**8:30AM: BRUSH TEETH, SHOWER, GET DRESSED FOR THE DAY**

**(ALLOW 5 MINUTES OF TIME TO TRANSITION AT BEGINNING AND END OF EVERY BLOCK)**

**9:00 AM: CONTENT BLOCK 1**

**1000 AM: CONTENT BLOCK 2**

**11:00 AM: CONTENT BLOCK 3**

**12:00 PM: LUNCH TIME & BREAK**

**12:30 PM: CONTENT BLOCK 4**

**1:30 PM: CONTENT BLOCK 5**

**2:30 PM: SNACK & BREAK**

**3:00 PM: CONTENT BLOCK 6**

**(OPTIONAL, DEPENDING ON STUDENT'S COURSE LOAD)**

**3:00/ 4:00PM: FOLLOW A TYPICAL AFTER SCHOOL SCHEDULE, REPLACING OUT-OF-HOME ACTIVITIES WITH IN-HOME ALTERNATIVES**



TOLEDO MOMS<sup>SM</sup>