



March 18, 2020

Dear Parents/Guardians:

You should have received communications from your respective schools regarding our Continuity of Learning Plan for our Roman Catholic Schools. In an effort to assist in making certain our students remain on task, I have prepared a guideline that you may use to create a schedule for your child/children.

Grades 7 -9	Duration	Times per week
Religion	45 mins	4
Break	10 mins	
Language Arts	30 mins	3
Break & Snack	15 mins	
Language Arts	30 mins	3
Break	10 mins	
Mathematics	30 mins	5
Break & Lunch	60 mins	
Mathematics	30 mins	5
Break	10 mins	
General Science	45 mins	3
Break	10 mins	
Social Studies	45 mins	3
Break	10 mins	
Health Science	45 mins	2
Break	10 mins.	
Information Technology	45 mins	1
Break	10 mins	
Spanish/French	45 mins	3
Break	10 mins.	
Art/Technical Drawing	45 mins	3
Break	10 mins.	
Physical Education	45 mins	2
Break	10 mins	
Music	45 mins	3

Grades 10-12	Duration	Times per week
Religion	45 mins.	3
Break	10 mins.	
Language	30 mins.	4
Break & Snack	15 mins.	
Language	30 mins.	4
Break	10 mins.	
Mathematics	30 mins.	4
Break & Lunch	60 mins.	
Mathematics	30 mins.	4
Break	10 mins.	
Biology	45 mins.	4
Break	10 mins.	
Information Technology	45 mins.	3
Break	10 mins.	
Physics	45 mins.	4
Break	10 mins.	
Literature	45 mins.	3
Break	10 mins.	
Physical Education	45 mins.	2
Break		
Civics	45 mins.	1
OPTIONS	45 mins.	4
Art/Bad 1/Chemistry/Office Practice/ Electrical Installation/Geography		
OR		
Physics/Band 2/ Spanish 1/ Accounts/ Hospitality/ History		
OR		
Food & Nutrition/Auto Mechanics/ Cosmetology/ Economics/ Spanish 2/ Band 3		

You are encouraged to ensure that your child/children are kept in isolation and that you follow the protocols identified by the Ministry of Health to minimize the risk of transmission. Please see below some helpful hints:

- Post a schedule in a prominent place in the house for your child/children to refer to during the day.
- If videoconferences take place, inform your child/children that conferences must take place in a common area of your home. Videos should not be allowed in bedrooms or bathrooms. Further, students should wear appropriate clothing.
- Maintain a regular schedule. Have students begin and end their day around the same time that they would regularly be in school.
- Prepare snacks and lunch for your child/children just as you would if he/she were leaving the house for school. Remember, now more than ever, healthy snacks should be encouraged as they can boost immune systems.
- Call your child/children several times during the day to check on how he/she is progressing.
- If you allow your child/children to play online video games do not allow them to play unless you or someone you trust is home to monitor usage.
- When you arrive home from work, talk with your child to determine what was done during the day. Pay special attention to assignments daily and contact your child's teacher often to ensure clarity.
- If your child has technological devices, check his/her communications regularly to ensure they are using their device responsibly. Be certain to check computer histories EVERY day.
- Set aside some time each day for your child/children to read without interruption.
- Remain in constant contact with your child's school to ensure continuity of learning.

Free Online Reading resources

Epic has a 30 day free trial for access to online books for children 12 years and under.

www.getepic.com

International Children's Digital Library: A Library for the World's Children

<http://en.childrenslibrary.org/>

National Geographic – Young Explorer <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>

Oxford Owl for Home <https://www.oxfordowl.co.uk/for-home/>

ChemMatters www.acs.org

Action <http://classroommagazines.scholastic.com/products/scholastic-action>

Sports Illustrated <http://www.si.com/>

Kind Regards,

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Curriculum Officer