



# Sample Day in the Life of a Middle School Student During COVID-19

## 1 7:15 - 7:30 a.m.

- Angela travels to school after either walking sibling to school or being dropped off by car or bus (Angela wearing a mask waits outside for school to open to enter)



## 2 7:30 - 7:55 a.m.

- Angela enters the building and gets her temperature checked at the front door with mask on. Angela proceeds to a designated area to eat breakfast (classroom or cafeteria). School will practice social distancing to the extent possible. Angela will wash hands after eating and before class starts which will be monitored by adults who don't have a homeroom.



## 3 8:00 - 11:00 a.m. (Morning Instruction)

- Angela enters the classroom and finds her seat for instruction.
- Angela wears her mask.
- Angela receives instruction from her teacher with headsets on and she signs into TEAMS (teacher may be teaching in-person or teacher may be at home teaching virtually).
- Angela will receive synchronous and asynchronous instruction throughout the morning which will be approximately 45 to 50 minutes per class period.

\* Synchronous - learning together  
Asynchronous - learning independently



## 4 11:00 - 11:30 a.m.

- Angela washes hands and eats lunch in classroom or designated area
- After lunch, Angela washes hands and returns to classroom



## 5 11:30 a.m. - 3:00 p.m.

- Angela will sign back on to TEAMS with her teacher (teacher may be teaching from a remote location or teacher may be present in the classroom).
- Angela will go to the restroom to wash hands between class transitions and as needed.
- Angela returns to class for afternoon classes (recess or outside breaks will be incorporated into the school day).



## 6 3:00 p.m.

- Angela prepares to go home and exits the building.
- Angela travels home after either picking sibling up from school or being dropped off by car or bus.

