

Bulldog Basics



A Suggested Schedule for Home Learning

Time	Activity	Resources
8:00 a.m. -9:00 a.m.	Wake Up, Eat Breakfast, Family Time	In The Kid's Kitchen
9:00 a.m. -10:30 a.m.	Academic Learning	Pre-K through Grade 6: Click Here ClassLink Page to get on I-Ready, Schoology and other teacher recommended Apps: https://launchpad.classlink.com/swcsd HS Students: Check Schoology for your course work
As Needed	Brain Break	GoNoodle Yoga for Kids Mindfulness
10:30 a.m. -11:30 a.m.	Specials and/or Outdoor Learning	Art: Check Schoology and/or Click Here for District Art Music: Check Schoology and/or Click Here for Elementary Music PE: Check Schoology https://launchpad.classlink.com/swcsd Technology: Check Schoology https://launchpad.classlink.com/swcsd Mrs. Mall's Social Emotional Lessons: K Second Step Lessons Gr 1 Second Step Lesson Gr 2 Second Step Lesson Gr 3 Second Step Lesson

		Gr 4 Second Step Lesson Gr 5 Second Step Lesson Outside/Nature Activities: DIY Rain Gauge Nature Challenges
11:30 a.m. - 1:00 p.m.	Lunch, Staying Active and Connected	<p>Check in with friends or family not currently with you by phone or video conferencing. Zoom https://zoom.us/ to keep connected while social distancing.</p> <p>Many teachers have Twitter or Instagram Accounts, this is a great way to stay connected to Sullivan West Elementary School @elementarysw, the High School @sullivanwesths and the District @SWCSDSuper, @KMBressler.</p>
1:00 p.m. - 2:30 p.m.	Academic Learning	<p>Pre-K through Grade 6: Click Here</p> <p>ClassLink Page to get on I-Ready, Schoology and other teacher recommended Apps. https://launchpad.classlink.com/swcsd</p> <p>HS Students: Check Schoology for your course work</p>
As Needed	Brain Break	GoNoodle Yoga for Kids Mindfulness
2:30 p.m. - 3:30 p.m.	Specials and/or Outdoor Learning	<p>Art: Check Schoology and/or Click Here for District Art</p> <p>Music: Check Schoology and/or Click Here for Elementary Music</p> <p>PE: Check Schoology https://launchpad.classlink.com/swcsd</p> <p>Technology: Check Schoology https://launchpad.classlink.com/swcsd</p> <p>Mrs. Mall's Social Emotional Lessons: K Second Step Lessons Gr 1 Second Step Lesson Gr 2 Second Step Lesson Gr 3 Second Step Lesson Gr 4 Second Step Lesson Gr 5 Second Step Lesson</p> <p>Outside/Nature Activities: DIY Rain Gauge</p>

		Nature Challenges
3:30 p.m. -4:00 p.m.	Clean Up and Chore Time	Chore Charts: Chore Chart 1 Chore Chart 2
4:00 p.m. -5:00 p.m.	Free Time	
5:00 p.m. -7:30 p.m.	Dinner/Family Time/Reflection	Family Game Night Ideas Reflection Prompts: What did you learn today? What are you left wondering about? What learning do you think will come next? Maybe start a journal or a vlog.
7:30 p.m.	Bedtime/Story Time for Younger Bulldogs	Encourage older siblings to read to younger and vice versa when appropriate. Stories Read Aloud by Actors Stories Read by Authors and Others Check out the Sullivan West Elementary Library group on Schoology , all students have access. Under Resources find “ebooks” for some audio options. https://www.juniorlibraryguild.com/at-home Don't forget you can log in your reading as we continue to compete in the Sullivan County Wide Reading Challenge! Reading Challenge Link
8:30 p.m.	Bedtime/Independent Reading Time for Older Bulldogs	Check out the Sullivan West HS Library group on Schoology , all students have access. Under Resources find “ebooks” for some audio options. https://www.juniorlibraryguild.com/at-home Don't forget you can log in your reading as we continue to compete in the Sullivan County Wide Reading Challenge! Reading Challenge Link