



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

- 1 6:45 - 7:00 a.m.**
- Alicia travels to school.



- 2 7:00 - 7:15 a.m.**
- Alicia enters the building and gets her temperature checked at the front door with mask on. Alicia proceeds to a designated area to eat breakfast (classroom or cafeteria). School will practice social distancing to the extent possible. Schools may elect to have students eat breakfast in the classroom.
  - Students who arrive late to school will report to a designated area when they arrive to have temperature their checked and to sign in.

**Cafeteria guidelines:** Cafeteria workers will have prepared grab and go breakfasts for students.

**Classroom guidelines:** Cafeteria workers will have "go bags" prepared for each teacher to pick up prior to homeroom or first period. Pre-printed rosters will be available for students to sign when they pick up lunch in the classroom.



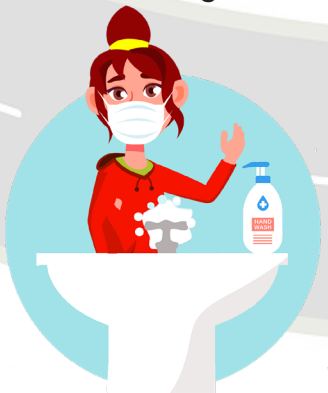
- 3 7:15 - 10:15 a.m. (Morning Instruction)**
- Step 1:** Alicia utilizes hand sanitizing stations found in the hall and/or in individual teacher classes to wash her hands before entering each classroom.
- Step 2:** Alicia enters the classroom and finds her seat for instruction.
- Step 3:** Alicia wears her mask throughout the lesson
- Step 4:** Alicia 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).
- Step 5:** Alicia will receive synchronous and asynchronous instruction.



- \* Alicia wears her mask in the hall to transition to next class where she begins steps 1-5 again for each class transition.
- \* Adults will be placed strategically in the hall to monitor social distancing and PPE implementation to the extent possible.
- \* Students who attend CTE/DE classes off site will report to a designated area when they return to school prior to attending classes. They will have their temperature checked and will be required to have on their masks.
- \* Throughout the morning instruction, Alicia will go the restroom in designated periods assigned to each teacher during morning instructional hours.

- 4 10:15 - 11:15 a.m. Lunch (depends on school schedule)**
- Alicia washes hands and eats lunch in classroom or designated area.
  - After lunch, Alicia utilizes hand sanitizing stations found in the hall and/or in individual teacher classes to wash her hands before entering each classroom.

- 5 11:15 a.m. - 2:15 p.m. (Afternoon Instruction)**
- Step 1:** Alicia utilizes hand sanitizing stations found in the hall and/or in individual teacher classes to wash her hands before entering each classroom.
- Step 2:** Alicia enters the classroom and finds her seat for instruction.
- Step 3:** Alicia wears her mask throughout the lesson.
- Step 4:** Alicia receives instruction from her teacher with headsets on and she signs into TEAMS.
- Step 5:** Alicia will receive synchronous and asynchronous instruction.



- 6 2:15 p.m.**
- Alicia prepares to go home and exits the building. There will be staggered dismissal in this order (as appropriate)
    - 1) Bus riders
    - 2) Walkers
    - 3) Car riders
  - All students who are participating in extracurricular activities/tutoring will report to the auditorium to socially distance in a seat until the appropriate teacher/sponsor reports to the auditorium to collect them.
  - All sponsors will escort students out of the building at the conclusion of the practice/meeting and the teacher will remain with the students until they leave campus.



\* Synchronous - learning together  
Asynchronous - learning independently