

# ECS Schedule

Please note there is not an official start time for your work at home. We recommend doing activities from 9-11:30am; however, this is a recommendation. Your child can access the weekly content and activities at any time that works best for your family.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
30 minutes	Wake up/ Daily Living Skills/ Breakfast/ Physical Activity					
30 minutes	Morning Meeting				<b>Instructional Support:</b> Teachers provide creative opportunities for support and engagement	
30 minutes	ELA (New Pre-Recorded Content)					
5 minutes	Movement Break/ Song					
30 minutes	Math (New Pre-Recorded Content)					
5 minutes	Movement Break/ Song					
10 minutes	Snack					
30 minutes	Science (New Pre-Recorded Content)	Social Studies (New Pre-Recorded Content)	Science (New Pre-Recorded Content)	Social Studies (New Pre-Recorded Content)		
10 minutes	Afternoon Meeting					
11:00-1:00	Lunch <i>(as aligned with the WCPSS remote lunch deliveries)</i>					

1:00- 3:00

**Staff Office Hours:** *All certified staff will hold daily office hours during the normal school day hours. Please check with the individual teacher or staff member for the specific 1 hour time frame. All staff are expected to communicate when their office hours will be. Office hours are a time to connect one-on-one with students, to respond to student questions and needs, and to provide additional support.*