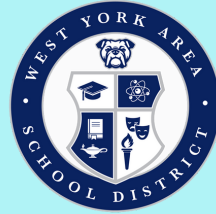


You have to Quarantine... NOW WHAT?



- Get up at the regular time each morning.
- Find a successful spot in your home to complete your work independently.
- Check your school Gmail and Canvas announcements twice daily; AM and PM.
- Follow your school schedule from home; report to each class's Canvas course and complete the assigned work daily.
- Contact your teacher via email if you are unsure about an assignment, or need assistance. Your teacher is still teaching students in school and won't be available during class, but your teachers will get back to you as soon as they have an opening in their schedule.
- Even though it's called social distancing, the six-foot rule is actually about physical distancing. It doesn't mean you can't be social. If you are in need of assistance, email your teachers or counselors to schedule a Zoom meeting
- Chunk your work. Set a timer for each class period and then take breaks in between.
- Limit time spent on personal devices and social media when you are home. Multitasking makes it hard to focus and complete tasks.
- Complete your assignments for every class and submit your work by the end of the day.
- Do not go to extra-curricular activities that you can't attend virtually. When you are quarantined it is important to stay home and monitor yourself for symptoms.
- If you develop symptoms while you are home, please contact the school nurse immediately.
- If you have to get tested, please contact the nurse immediately.
- Go to sleep at a regular time. Your body needs time to adjust to your new routine and schedule.