

Welcome Titans! This is our schedule this year.

You'll need your computer and internet each day.

Please reach out to your Academy for support logging in!

High School VirtualPlus+ Schedule



| Time Slot | Titan Monday *Guidelines for how to organize your day* | Semester 1 (Tuesday-Friday) September 8- January 28 | Semester 2 (Tuesday-Friday) February 1- June 23 |
|-----------------------------|--|---|--|
| 8:30-10:00 Titans Rising | Breakfast/Mindfulness/ Physical Activity/Every Day Titan | Asynchronous & Synchronous Targeted Supports | |
| 10:00-11:00 | Organization: Prepare for the week/Goal-Setting | 1RB (Home Base: Year Long Class + Regular & Consistent SEAL Time) Synchronous | |
| 11:00-11:55 | Break | Break & Lunch | |
| 12:00-12:50 | Canvas Asynchronous | 3R Synchronous | 2B Synchronous |
| 20 mins | Break | Movement | Transition |
| 1:10-2:00 | Canvas Asynchronous | 5R Synchronous | 4R Synchronous |
| 20 mins | Break | Movement | Transition |
| 2:20-3:10 | Physical Activity of Choice | 7R Synchronous | Block 6 Synchronous |
| 3:30-4:30 | College/Career/ Scholarship Fund of Alexandria Time | 8RB: Virtual After School Experiences Including "typical" activities that run after school (e.g. Perf Arts, Clubs, Office Hours, Study Groups, Hanging out with teachers, small groups, student study groups, sports, Credit Recovery) | |