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Objectives
To continue meaningful teaching and learning during a period of forced school closure.

To continue connectivity with students and the larger community.

To provide opportunities for students to explore deeper learning, gain independence in their learning, and to use their creativity in projects and other activities.

Helpful Hints for Students
• Check in with how you are feeling a few times per day. The Mood Meter works for this.

• Be kind to yourself.

• If you are feeling overwhelmed, take a Meta Moment….Breathe or consider Mindfulness.

• Imagine your Best Self.
Instructions and Guidelines for Online Coursework and Classes

The schedule below will be used for the first two weeks of Distance Learning. During weekly faculty meetings, a discussion of Distance Learning may result in changes. Students can also check the schedule in MyCIA.

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 9:45</td>
<td>1</td>
<td>2</td>
<td>Office Hours</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>9:45 - 10:20</td>
<td>Office Hours</td>
<td>Office Hours</td>
<td>Office Hours</td>
<td>Office Hours</td>
<td>Office Hours</td>
</tr>
<tr>
<td>10:30 - 11:15</td>
<td>3</td>
<td>4</td>
<td></td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>1:00 - 1:45</td>
<td>5</td>
<td>6</td>
<td></td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>2:00 - 2:45</td>
<td>7</td>
<td>8</td>
<td>Rock Band</td>
<td>7</td>
<td>8</td>
</tr>
</tbody>
</table>

- It is important to remember that these are school days, even though we are not on campus. It is important that you are present and completing all assigned work.

- Each class will begin at the designated time listed above. As you will note, we will start class one hour later than normal.

- At the beginning of each class, go to that class page on MyCIA and check the Bulletin Board. Your teachers have posted a link to their online
classroom in an app called Zoom. When you follow this link, you will join Zoom with your teacher and your class.

- Our first class on Tuesday is Period 2, so by 9:00 a.m. you will go to your Period 2 class on MyCIA and follow the link posted to your teacher's online classroom.

- For the first day, you will just be checking in with your teacher and class before working independently. As we move through the week, teachers will begin teaching classes online using Zoom.

- All work that needs to be completed and turned in will be posted as an assignment on MyCIA. Be sure to read the assignment directions carefully as your teachers may post additional information and resources in other places on MyCIA.

- Teachers will not be assigning work through email, but you should be regularly checking your email every day.

- In addition to regularly scheduled classes, your teachers will also be available for Office Hours every Monday, Tuesday, Thursday, and Friday from 9:45-10:20. On Wednesday, we will have Office Hours from 9:00-10:20. During this time, you can receive help with assignments, ask questions, or just check-in with your teachers.

  - To attend Office Hours, you do not need to make an appointment or schedule a time - just follow the same link to their online classroom posted on MyCIA.

  - If you'd like an individual meeting with a teacher or would like to meet outside of Office Hours, please email that teacher to request a meeting.

  - If you join a teacher for Office Hours, you are not required to stay for the entire period. You may drop in and out of Office Hours as needed.
Taking Care of Yourself

Tips for dealing with Covid19 Anxiety

Calm App

- Many of our students already use this.
- Lebron James uses this, and he has recorded some mental fitness guides.
- They offer many guided meditations.
- Bedtime stories (some read by famous people)
- Daily check-ins, if you would like.
- Apple BEST OF 2018 award winner
- Soothing music or white noise (i.e., rain, etc.)
- And more!
- This app has so much to offer.
Student Expectations & Responsibilities

1. Student and faculty expectations include these three components:
   
   Be Respectful  
   Be Responsible  
   Put forth Best Effort

2. Treat your online classroom like your school classroom.
   
   • Be on time. Log in to class by the beginning of the class period.
   • Have materials for that class with you.

3. Designate a space for your online learning in which you can keep your laptop plugged in. Video conferencing will drain your battery very quickly.

4. Be respectful of your classmates and teacher.
   
   • It can sometimes be difficult to keep from talking over one another in an online meeting, so be aware if someone else is talking.

   In Zoom, you can “raise your hand” to let the teacher know you have something to say (Click “Participants” and then “Raise Hand”).

   • Be respectful to your teacher by using video in Zoom. Your teacher needs to see and talk to you, not a picture of you or a background picture.

   • Be respectful of your classmates by reducing the amount of background (e.g., lights, pictures, headgear, masks) that is distracting.
5. You don’t have to be in dress code, but you should be dressed appropriately for school.

6. Be aware of what is behind you and is visible on camera.

7. Mute your mic when you are not speaking.

8. It is recommended that you use your school laptop. If you need to use an iPad or other portable device, stay in one place instead of walking around.

Classroom Links

Mr. Allen
https://zoom.us/j/7470266520
bart.allen@curreyingram.org
English II
English II (H)
Writing Lab
Photography

Mrs. Anderson
https://zoom.us/j/6572633082
marcelle.anderson@curreyingram.org
Freshman Seminar
Theatre
Health

Mrs. Camp
jody.camp@curreyingram.org
Email to schedule a confidential Zoom meeting

Mr. Clodfelter
https://zoom.us/j/3733767832
jared.clodfelter@curreyingram.org
Literacy Lab
Available during Office Hours or by appointment

Señora Cruz de Durán
https://zoom.us/j/8220341971
rita.duran@curreyingram.org
Spanish I
Spanish II
Spanish III (H)
Spanish IV (H)

Mrs. Curtis
serena.curtis@curreyingram.org
Algebra II
Algebra II (H)
Precalculus (H)
AP Calculus
Dr. Graham  
https://zoom.us/j/6520436571  
catherine.graham@curreyingram.org  
English I  
Senior Capstone

Mr. Griffin  
https://zoom.us/j/9054730062  
john.griffin@curreyingram.org  
Biology  
Chemistry

Mr. Hamilton  
https://zoom.us/j/5886532664  
levi.hamilton@curreyingram.org  
Ethics II  
AP Fitness

Mrs. Jacobs-Levine  
https://zoom.us/j/2173455298  
allison.jacobs-levine@curreyingram.org  
English I  
Literacy Lab  
Work Experience  
English (B)

Mr. Kelly  
https://zoom.us/j/2838894363  
sean.kelly@curreyingram.org  
Music  
Cinematography  
Broadcasting  
Personal Finance

Ms. Kersey  
https://zoom.us/j/2983229591  
lori.kersey@curreyingram.org  
Algebra II  
Algebra II (H)  
Precalculus (H)  
AP Calculus

Dr. Lewis  
https://zoom.us/j/9443491685  
kathryn.lewis@curreyingram.org  
Art Foundations  
Big Ideas in Art  
Math Lab

Dr. Link  
https://zoom.us/j/4562010423  
hope.link@curreyingram.org  
Psychology  
College Counseling (email to schedule a private Zoom meeting)

Mr. Mathews  
https://zoom.us/j/8650087314  
tim.mathews@curreyingram.org  
English III  
Writing Lab

Mr. McKey  
https://zoom.us/j/5091599643  
trevor.mckey@curreyingram.org  
U.S. History  
Economics  
Coding
Ms. Parris
https://zoom.us/j/5125823945
katie.parris@curreyingram.org
Physical Science
Chemistry
Environmental Science

Mr. Pearlstone
https://zoom.us/j/9514296280
noah.pearlstone@curreyingram.org
English IV
English IV (H)
Ethics II
Modern World History
Modern World History (H)

Mr. Staalner
https://zoom.us/j/7493771339
erik.staalner@curreyingram.org
Geometry
Geometry (H)
Statistics
Ethics II

Dr. Thomas
https://zoom.us/j/9494655227
jesse.thomas@curreyingram.org
Algebra I
Math Foundations
Math Principles
Math Lab

Mr. Travis
https://zoom.us/j/2284778088
deer.travis@curreyingram.org
Ancient World History
Modern World History