



# The Gow School Virtual Learning Program

## Weekly Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:00am	- Wake Up, Hygiene, Breakfast, Chores	- Wake Up, Hygiene, Breakfast, Chores	- Wake Up, Hygiene, Breakfast, Chores	- Wake Up, Hygiene, Breakfast, Chores	- Wake Up, Hygiene, Breakfast, Chores
10:00 - 10:35am	Period 1	Period 7	Period 6	Period 5	Period 4
10:40 - 11:15am	Period 2	Period 1	Period 7	Period 6	Period 5
11:20 - 11:55am	Period 3	Period 2	Period 1	Period 7	Period 6
12:00 - 12:35pm	Period 4	Period 3	Period 2	Period 1	Period 7
12:40 - 12:55pm	Assembly – Mr. Rogers	Assembly – Mr. Rogers	Assembly – Mr. Rogers	Assembly – Mr. Rogers	Assembly – Mr. Rogers
1:00 - 1:35pm	- Lunch Break - Rec. & Exercise	- Lunch Break - Rec. & Exercise	- Lunch Break - Rec. & Exercise	- Lunch Break - Rec. & Exercise	- Lunch Break - Rec. & Exercise
1:40 - 2:15pm	Period 5	Period 4	Period 3	Period 2	
2:20 - 2:55pm	Period 6	Period 5	Period 4	Period 3	
3:00 - 3:30pm	Tutorial	Tutorial	Tutorial	Tutorial	

Suggested schedule for after classes (this is not required, but a possible suggestion to align with the on-campus Gow structure):

4:00 - 5:00pm	Exercise block
6:00pm	Dinner
7:00pm	Homework (end at 8:30pm for grades 6-8, 9:00pm for grades 10-12)