
Wellness Wednesdays at Glen Allen High School

- Beginning February 24, every Wednesday will be a virtual, asynchronous day. This is a school day for students.
- **Teachers will provide asynchronous lessons** for students based on skills/content learned during the previous class.
 - The asynchronous lessons will take a maximum of 25 minutes per class for students to complete.
 - Asynchronous activities will be housed in Schoology, and noted on the Schoology Calendar for each class.
 - Asynchronous activities will vary, depending on the class. Some examples might be activities with a Loom video; finishing an activity from the previous class; working on a project; watching an assigned video; a practice activity of a skill already learned; review for an upcoming assessment; etc.
 - If a student has a question about what to complete, they should reach out to their teacher via Schoology message or email
- **1st period classes will meet at 9:00AM to take attendance**, to go over any announcements if needed, check in with their teachers, and plan/organize how they will spend their asynchronous day.
- **Teachers will have office hours on Wellness Wednesdays in order to work with students.**
- **SEL (Social Emotional Learning) lessons will be done by grade level:** 9th and 10th graders will be together, and 11th & 12th graders will be together. Links to these sessions will be posted on Schoology.
- There will be time for club meetings, affinity groups, and other community building activities after lunch.

Wellness Wednesday Student Schedule:

9:00-9:30 - 1 st period- attendance and check-in
9:30-11:30 - Asynchronous work time/ Open office hours w/teachers
11:30-12:00 - SEL lesson by grade level
12:00-12:30 - Lunch
12:30-1:30 - Clubs/affinity groups/class activities
1:30-3:55 - Asynchronous work time / meet with teachers by appointment