

## Realms High School 2018-19 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Wed Times										
8:10	Art-9	Engl-9	SS-10	Math-9	Sci-9	Engl-10	Math-9	Sci-9	Engl-10	Math-9	Sci-9	Engl-10	Math-9	Sci-9	Engl-10	Wed 1st - 8:10
9:30																Wed 2nd - 9:10
9:30	Engl-9	Art-9	Sci-10	Sci-9	Math-9	Span-10	Engl-9	SS-9	Math-10	Engl-9	Art-9	Sci-10	Sci-9	Math-9	Span-10	Wed 3rd - 10:10
10:50																
10:50 - 11:15	"Pump & Stretch - Fitness"		"Pump & Stretch - Fitness"		LUNCH			"Pump & Stretch - Fitness"			"Pump & Stretch - Fitness"			Wed Lunch - 11:10		
11:15 - 12:00	Crew		Crew		SS-9	Engl-9	Sci-10	Crew		Crew		Crew		Wed 4th - 11:40		
12:00 - 12:30	LUNCH		LUNCH				LUNCH		LUNCH							
12:30	SS-9	Span-9	Math-10	Span-9	SS-9	Art-10	Early Release (12:40)			SS-9	Span-9	Math-10	Span-9	SS-9	Art-1-	Wednesday Early Release (12:40)
1:50																
1:50 - 2:20	Office Hours		Office Hours					Office Hours		Office Hours						

### What Is Crew?

Crew is a credit bearing and graded elective class that is one of the hallmarks of EL Education schools. Crew at Realms High School will be grade based and each Crew will have approximately 16 students. The curriculum is focused on the following three strands: 1) Exploration of and Preparation for College/Career 2) Relationships, Community, Leadership 3) Habits of Success

### What is Pump & Stretch?

This is a health and fitness oriented activity session that will be combined with an ONLINE PE/Health credit! Different fitness opportunities will be offered by different staff in 2 week sessions. A significant body of research ties exercise to improved academic gains through enhanced attention, elevated mood, and chemical changes in the brain's neurotransmitters responsible for learning.

### What Are Office Hours?

This is supported/independent work time for students, geared towards building the skill of completing work "outside of class"... a critical college success skill. The default grouping and room structure here is Crew, however it is also a time when teacher can request to meet with certain students (AND vice versa), they can hold "learning labs", revision sessions etc. As students progress through their high school career this time can become more flexible and self-directed.