



# Bangor Public Schools

*“Providing Educational Excellence as a Pathway to Success”*

Hybrid Students (Red/White) are required to meet with their teachers virtually during the designated time for direct instruction and academic support. Students will have a gradual release of responsibility after instruction is given. Attendance will be taken for each class session.

100% virtual students are encouraged to attend these designated virtual class times.

## Viking Remote Full Day Schedule

	<b>Monday (Synchronous)</b>	<b>Tuesday (Synchronous)</b>	<b>Wednesday (Synchronous)</b>	<b>Thursday (Synchronous)</b>	<b>Friday (Synchronous)</b>
8:00 - 10:00	Remote Office hours open for students. 2 Way Contacts Special Ed Services PLC's Staff Meeting Grading Planning Time	Remote Office hours open for students. 2 Way Contacts Special Ed Services PLC's Staff Meeting Grading Planning Time	Remote Office hours open for students. 2 Way Contacts Special Ed Services PLC's Staff Meeting Grading Planning Time	Remote Office hours open for students. 2 Way Contacts Special Ed Services PLC's Staff Meeting Grading Planning Time	Remote Office hours open for students. 2 Way Contacts Special Ed Services PLC's Staff Meeting Grading Planning Time
10:00 - 10:30	1st hour	1st hour	1st hour	1st hour	1st hour
10:35 - 11:05	2nd hour	2nd hour	2nd hour	2nd hour	2nd hour
11:10 - 11:40	3rd hour	3rd hour	3rd hour	3rd hour	3rd hour
11:40 - 12:05	Lunch	Lunch	Lunch	Lunch	Lunch
12:05 - 12:35	4th hour	4th hour	4th hour	4th hour	4th hour
12:40 - 1:10	5th hour	5th hour	5th hour	5th hour	5th hour
1:15 - 1:45	6th hour	6th hour	6th hour	6th hour	6th hour
1:45 - 3:05	Remote Office hours open for students. 2 Way Contacts PLC's Staff Meeting Grading	Remote Office hours open for students. 2 Way Contacts PLC's Staff Meeting Grading	Remote Office hours open for students. 2 Way Contacts PLC's Staff Meeting Grading	Remote Office hours open for students. 2 Way Contacts PLC's Staff Meeting Grading	Remote Office hours open for students. 2 Way Contacts PLC's Staff Meeting Grading



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## Synchronous

This type of learning is done with a teacher online (live) at a designated time:

- Live content mini-lessons
  - Lesson follow up
- Assignment check-in
- Online discussions
- Teacher read-alouds
  - Live reflections
  - Digital games

**Bangor Vikings** will follow the same curriculum as the face-to-face courses through Kickstand.

- Online courses will continue to be taught by highly qualified BPS staff.
- Online courses will be administered through **Google Meet**.
- Some courses may be limited in time due to enrollment.

**Attendance** will be recorded in PowerSchool daily.

- BHS Attendance Guidelines still apply.

**Devices** are available upon request.

- 1:1 devices are available.
- If a hotspot is needed, please contact technology support at [www.bangorvikings.org](http://www.bangorvikings.org). On the main page, please scroll down to the gray tab: Tech support. You may also contact the school at 427-6800.

**Extracurricular Activities** are suspended for through Tuesday, December 8th at this time. Any questions should be sent to Mr. Mortensen at [Jmortensen@bangorvikings.org](mailto:Jmortensen@bangorvikings.org).

At Home Learning: *Parent Tips*.

Here are some tips to guide the way: Adapted from <https://kidshealth.org/en/parents/homework.html>.

1. **Know the teachers — and what they're looking for.** Attend school events, such as parent-teacher conferences, to meet your child's teachers. Ask about their homework policies and how you should be involved.
2. **Set up a homework-friendly area.** Make sure kids have a well-lit place to complete homework. Keep supplies — paper, pencils, glue, scissors — within reach.
3. **Schedule a regular study time.** Some kids work best in the afternoon, following a snack and play period; others may prefer to wait until after dinner.
4. **Help them make a plan.** On heavy homework nights or when there's an especially hefty assignment to tackle, encourage your child break up the work into manageable chunks. Create a work schedule for the night if necessary — and take time for a 15-minute break every hour, if possible.



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5. **Keep distractions to a minimum.** This means no TV, loud music, or phone calls. (Occasionally, though, a phone call to a classmate about an assignment can be helpful.)
6. **Make sure kids do their own work.** They won't learn if they don't think for themselves and make their own mistakes. Parents can make suggestions and help with directions. But it's a kid's job to do the learning.
7. **Be a motivator and monitor.** Ask about assignments, quizzes, and tests. Give encouragement, check completed homework, and make yourself available for questions and concerns.
8. **Set a good example.** Do your kids ever see you diligently balancing your budget or reading a book? Kids are more likely to follow their parents' examples than their advice.
9. **Praise their work and efforts.** Post an aced test or art project on the refrigerator. Mention academic achievements to relatives.
10. **If there are continuing problems with homework, get help.** Talk about it with your child's teacher. Some kids have trouble seeing the board and may need glasses; others might need an evaluation for a learning problem or attention disorder.