

SNEAK a PEEK at OUR FULL-DAY DISTANCE LEARNING SCHEDULE

Share this sample schedule with your student to get a sneak peek at what kids might do each day at Champions:



BEFORE SCHOOL STARTS

We're open early! Whenever your family arrives, you'll complete a health and safety check at drop-off, and everyone in our program must wear a mask.

- **Fuel up** with a nutritious morning snack.
- **Start the day strong and centered** with a group mindfulness activity.



DURING THE SCHOOL DAY

Our full-day program is ... full! **First, we create an individualized plan to match your child's distance learning schedule**, then we help with schoolwork, make sure they stay focused, and get physical activity!

- **Get in the groove** of our community culture! Students will connect with their small group of peers and teachers.
- **Log in with school** and get help from our educators who can facilitate accessing distance learning platforms—and keep kids on track with their schedules!
- **Eat lunch** that students bring—packed from home each day.
- **Keep moving and stay mindful** by playing outdoors or through frequent focus breaks.



AFTER-SCHOOL HOURS

The day doesn't end when school is out! In our after-school program, we teach our own themed curriculum developed specifically to help kids through these unusual times.

- **Create a project of choice** and take two weeks to define, brainstorm, create, review, adjust, and showcase work!
- **Make room for family time** by getting help with homework and school projects.
- **Snack and stretch** with healthy food, and fun games (indoor and out)!
- **Create virtual adventures** with podcasts, stories, and digital excursions! Kids use these learning opportunities to bring their experiences and feelings to life.
- **Reflect on the day** and connect with friends before heading home. Remember to wash masks at home each night or wear a fresh one each day.

**ALL THIS—AND SO MUCH MORE—IS HERE AT CHAMPIONS.
WE HOPE TO SEE YOU SOON!**