



Suffolk Public Schools

Early Risers	
7:00 – 8:00	Arrival / Table Station Activities
8:00 – 8:30	Welcome, Hand Sanitizing, Breakfast

Alpha Ac@demy	
8:30 – 10:05	Distance Learning 1
10:05 – 10:25	Physical Activity/Bathroom/Hand Sanitizing – No Chromebooks
10:30 – 11:45	Distance Learning 2
11:45 – 11:55	Bathroom / Hand Sanitizing
12:00 – 12:35	Lunch
12:35 – 1:00	Recreation Time – No Chromebooks
1:00 – 2:00	Enrichment Zone: STEM or Remediation (as needed)
2:00 – 2:10	Bathroom / Hand Sanitizing
2:15 – 3:30	Fitness Zone – No Chromebooks
3:30 – 4:00	Clean-up / Transition to After Hours

After Hours	
4:00 – 4:10	Snack / Bathroom / Hand Sanitizing
4:10 – 5:10	Enrichment Zone: Fitness/Wellness, STEM, Art, Maker or World Languages
5:10 – 5:40	Outside Play / Recreation
5:30 – 6:00	Clean-up / Wrap-up / Parent Pick-up

