

San Francisco International High School Virtual Learning Bell Schedule

District Requirements/Best Practices

- *Beginning April 13th through the remainder of the semester
- *4 hours of instruction for every student each day (that means 4 hours of synchronous or asynchronous learning)
- *2-3 virtual face to face check ins with students per week

*NOTES:

- ***Student facing schedules are linked in the team name.** Student schedules are by cohort
- ***School Hours** are between **10-4pm (11/12)** and **10-5pm (9/10)**
- *Schedules credited to Team Coordinators who took feedback from all their teams, and created them to meet the needs of their students.
- *Individual credit recovery will be worked on starting next week.
- *This will be shared with Parent Liaisons (Mayra and David) to message to parents, RIT and CYC who will help with push in support and positive digital classroom culture support, and all other teams.
- *Teachers: Please track student attendance on the tabs provided by TCs in the tracker so we can follow up for tutoring at times students are available and to follow up with advisers about the students' social emotional needs, so we can refer them for [appropriate services](#).
- *Elda's [paraprofessional Schedule](#) will support students with IEPs first

(Teacher Facing Schedules)

Team Limitless (10-4): 12th grade Limitless learning tracker					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	Breakfast & Coffee <i>*Optional yoga, mindfulness, stretching, running, screaming into the abyss</i>				
9:00 - 10:00	DL Meetings 9:00 Admin Meetings 10:00 Coaching meetings 11:00	TC Meetings SSL Meetings	All Staff/ Team Time or Team Time/SSM	Early College Meeting	

10:00-11:00	Economics M	Economics P & O	Team Time or SSM	Economics N	Early College Study Hall (check ins with EC teachers and AVID tutors)
11:00-12:00	Academic class office hours by appointment/cohort	Math Class M&N	Counseling Hours	Math Class O&P	
12:00-1:00	Counseling Hours		Academic class office hours by appointment/cohort		
1:00-3:00	English All cohorts	CCSF Health Class 1:30-2:15 Work independently on all other EC classes (ESL, BTSC, Construction, Auto- EC study hall teachers available for support) Or Non-EC study study hall (with Antoine)	English All cohorts	CCSF Health Class 1:30-2:15 Work independently on all other EC classes (ESL, BTSC, Construction, Auto- EC study hall teachers available for support) Or Non-EC study study hall (with Antoine)	English All Cohorts
3:00-4:00pm	Advisory Check ins	Advisory Check ins	Advisory Check ins	Advisory Check ins	Advisory Check ins
4:00pm- 5:00pm	Optional workout	Optional workout	Optional workout	Optional workout	Optional workout

Team Synergy (10-4): 11th Grade

[Synergy tracker](#)

[Synergy assignment calendar](#)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00	Breakfast & Coffee				
	<i>*Optional yoga, mindfulness, stretching, running, screaming into the abyss</i>				
9:00-10:00	DL Meeting	TC Meeting SSL Meeting	All Staff Meeting -Or - Team Meeting/SSM		
10:00-11:00	*Deadline for updating grades and posting assignments (so advisers can follow up)	Coding/AP Bio		Coding/AP Bio	Advisory Check ins
11:00-12:00		Lunch			
12:00-12:30	Advisory Check ins	English Class J	Algebra 2 Class J	History Class J	Physics Class J
12:30-1:00		English Class K	Algebra 2 Class K	History Class K	Physics Class K
1:00-1:30		English Class L	Algebra 2 Class L	History Class L	Physics Class L
1:30-2:00	Break				
2:00-3:00	Internship small Group instruction/ Office Hours	Physics - Office Hours	English - Office Hours	Alg 2 - Office hours	History - Office Hours
		Physics - Office Hours	English - Office Hours	Alg 2 - Office hours	History - Office Hours
3:00-4:00		English - Office Hours	Alg 2 - Office hours	History - Office Hours	Physics - Office Hours
		English - Office Hours	Alg 2 - Office hours	History - Office Hours	Physics - Office Hours
4:00-5:00		Optional workout			

Team Inquiry (10-5): 9th and 10th Grade

Inquiry Learning Tracker

TEACHER VERSION	Monday A = History B = Math C = English D = Science	Tuesday A = Math B = English C = Science D = History	Wednesday	Thursday A = English B = Science C = History D = Math	Friday A = Science B = History C = Math D = English
9:00 - 10:00	Adult Meetings	Adult Meetings	All - Staff + Team Meeting	Adult Meetings	Adult Meetings
10:00 - 10:15	Break	Break		Break	Break
10:15 - 10:40	Group 1	Group 1		Group 1	Group 1
10:45 - 11:10	Group 2	Group 2		Group 2	Group 2
11:15 - 11:40	Group 3	Group 3	Health Check-in <i>(Vlada 1st - Class C)</i> <i>(Kathy 4th - Class D)</i>	Group 3	Group 3
11:45 - 12:10	Group 4	Group 4	Health Check-in <i>(Vlada 2nd - Class A)</i> <i>(Kathy 7th - Class B)</i>	Group 4	Group 4
12:15 - 1:00	LUNCH				
1:00 - 1:30	Advisory Check-in	Office Hours (all teachers)	Health Check-in <i>(Vlada 1st - Class G)</i> <i>(Kathy 4th - Class H)</i>	Office Hours (all teachers)	Office Hours Optional Advisory Check-in
1:30 - 2:00			Health Check-in <i>(Vlada 2nd - Class E)</i> <i>(Kathy 7th - Class F)</i>		
2:00 - 3:00	Lexia Time Literacy Check-in - 1st	Lexia Time Literacy Check-in - 3rd	Lexia Time	Lexia Time Literacy Check-in - 6th	Lexia Time Literacy Check-in - 7th

3:00 - 4:00	<i>(extra support calls to advisees as needed)</i>	<i>(extra support calls to advisees as needed)</i>	<i>(extra support calls to advisees as needed)</i>	<i>(extra support calls to advisees as needed)</i>	<i>(extra support calls to advisees as needed)</i>
4:00 - 5:00	PE workout	PE	PE workout	PE	PE workout

Team Solidarity (10-5): 9th and 10th Grade

Solidarity Distance Learning Tracker

TEACHER VERSION	Monday E = History F = Math G = English H = Science	Tuesday E = Math F = English G = Science H = History	Wednesday Art /Literacy PE	Thursday E = English F = Science G =History H = Math	Friday E = Science F = History G = Math H = English
9:00 - 10:00	Adult Meetings	Adult Meetings	All - Staff + Team Meeting	Adult Meetings	Adult Meetings
10:00 - 10:15	Advisory / Break	Advisory / Break		Advisory / Break	Advisory / Break
10:15 - 10:40	Group 1	Group 1		Group 1	Group 1
10:45 - 11:10	Group 2	Group 2		Group 2	Group 2
11:15 - 11:40	Group 3	Group 3		Health Check-in <i>(Viada 1st - Class C)</i> <i>(Kathy 4th - Class D)</i>	Group 3
11:45 - 12:15	Group 4	Group 4	Health Check-in <i>(Viada 2nd - Class A)</i> <i>(Kathy 7th - Class B)</i>	Group 4	Group 4
12:15 - 1:00	Lunch				
1:00 - 1:30	Advisory Check-ins (group or individual)	Student Work Time	Health Check-in <i>(Viada 1st - Class G)</i> <i>(Kathy 4th - Class H)</i>	Student Work Time	Student Work Time
1:30 - 2:00		Teacher Prep	Health Check-in <i>(Viada 2nd - Class E)</i> <i>(Kathy 7th - Class F)</i>	Teacher Prep	Teacher Prep
2:00 - 2:30	Art Group 1+2 /	Art Group 1+2/	Advisory Check-ins	Art Group 1+2/	Art Group 1+2/

	Advisory calls	Advisory calls		Advisory calls	Advisory calls
2:30 - 3:00	Art Group 3 + 4/ Advisory calls	Art Group 3+4/ Advisory calls		Art Group 3+4/ Advisory calls	Art Group 3+4/ Advisory calls
3:00 - 4:00	Lexia	Lexia	Lexia	Lexia	Lexia
4:00 - 5:00	PE	PE	PE - no Health students	PE	PE

12th Grade Student Schedules

Student Facing 12th grade Schedule (M)

Time	Monday (4)	Tuesday (4)	Wednesday (3)	Thursday (4)	Friday (4)
10:00-11:00	Economics Class	English Independent work time (Ask Ms. Heran for help)	Independent Time Management	Math independent work time (ask Mr. Marc for Help)	Early College Study Hall -or- Non-early college study hall (Ms. Elena) (check ins with EC teachers and AVID tutors)
11:00-12:00	Independent work time on Economics (Ask Ms. Basma for help)	Math Class	Math independent work time (ask Mr. Marc for	Independent work time on	

			Help)	Economics (Ask Ms. Basma for help)	
12:00-1:00	Counseling Hours <i>(by appointment with Ms. Oksana)</i>		Counseling Hours <i>(by appointment with Ms. Oksana)</i>	English Independent work time (Ask Ms. Heran for help)	
1:00-3:00	English Class	CCSF Health class 1:30-2:15 or 1:00-2:00 EC study hall (Construction/Auto=Ms. Basma, BCST/CDEV=Mr. Marc, Ms. Heather=Psych, Heran=ESL142, Elena=ESL132) Or non-EC study hall with Antoine	English Class	CCSF Health class 1:30-2:15 or 1:00-2:00 EC study hall (Construction/Auto=Ms. Basma, BCST/CDEV=Mr. Marc, Ms. Heather=Psych, Heran=ESL142, Elena=ESL132) Or non-EC study hall with Antoine	English Class
3:00-4:00	Advisory check ins	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)
4:00-5:00	Work out/Exercise	Work out/Exercise	Work out/Exercise	Work out/Exercise	Work out/Exercise

Student Facing 12th grade Schedule (N)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:00	Math independent work time (ask Mr. Marc for Help/office hours)	English Independent work time (Ask Ms. Heran for help)	Independent Time Management	Economics Class	Early College Study Hall -or- Non-early college study hall (Ms. Elena) (check ins with EC teachers and AVID tutors)
11:00-12:00	Counseling Hours (by appointment with Ms. Oksana)	Math Class	Counseling Hours (by appointment with Ms. Oksana)	Math independent work time (ask Mr. Marc for Help/office hours)	
12:00-1:00	Independent work time on Economics (Ask Ms. Basma for help/Office hours)		Independent work time on Economics (Ask Ms. Basma for help/Office hours)	English Independent work time (Ask Ms. Heran for help)	
1:00-3:00	English Class	CCSF Health class 1:30-2:15 or 1:00-2:00 EC study hall (Construction/Auto=Ms. Basma, BCST/CDEV=Mr. Marc, Ms. Heather=Psych, Heran=ESL142, Elena=ESL132) Or non-EC study hall with Antoine	English Class	CCSF Health class 1:30-2:15 or 1:00-2:00 EC study hall (Construction/Auto=Ms. Basma, BCST/CDEV=Mr. Marc, Ms. Heather=Psych, Heran=ESL142, Elena=ESL132) Or non-EC study hall with Antoine	English Class

3:00-4:00	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)
4:00-5:00	Work out/Exercise	Work out/Exercise	Work out/Exercise	Work out/Exercise	Work out/Exercise

Student Facing 12th grade Schedule (O)

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:00	Independent work time on Economics (Ask Ms. Elena for help/Office hours)	Economics Class	Independent Time Management	English Independent work time (Ask Ms. Heather for help)	Early College Study Hall -or- Non-early college study hall (Ms. Elena) (check ins with EC teachers and AVID tutors)
11:05-12:00	Math independent work time (ask Mr. Marc for Help/office hours)	Independent work time on Economics (Ask Ms. Elena for help/Office hours)	Math independent work time (ask Mr. Marc for Help/office hours)	Math Class	
12:05-1:00	Counseling Hours (by appointment with Ms. Oksana)	English Independent work time (Ask Ms. Heather for help)	Counseling Hours (by appointment with Ms. Oksana)		
1:05-3:00	English Class	CCSF Health class 1:30-2:15 or 1:00-2:00 EC study hall	English Class	CCSF Health class 1:30-2:15 or 1:00-2:00	

		(Construction/Auto=Ms. Basma, BCST/CDEV=Mr. Marc, Ms. Heather=Psych, Heran=ESL142, Elena=ESL132) Or non-EC study hall with Antoine		EC study hall (Construction/Auto=Ms. Basma, BCST/CDEV=Mr. Marc, Ms. Heather=Psych, Heran=ESL142, Elena=ESL132) Or non-EC study hall with Antoine	
3:00-4:00	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)
4:00-5:00	Work out/Exercise	Work out/Exercise	Work out/Exercise	Work out/Exercise	Work out/Exercise

Student Facing 12th grade Schedule (P)

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:00	English Independent work time (Ask Ms. Heather for help)	Economics Class	Independent Time Management	Independent work time on Economics (Ask Ms. Basma for help/Office hours)	Early College Study Hall -or- Non-early college study hall (Ms. Elena) (check ins with EC
11:05-12:00	Counseling Hours (by appointment with Ms. Oksana)	Math independent	English Independent work time	Math Class	

		work time (ask Mr. Marc for Help/office hours)	(Ask Ms. Heather for help)		teachers and AVID tutors)
12:05-1:00	Math independent work time (ask Mr. Marc for Help/office hours)	Counseling Hours (by appointment with Ms. Oksana)	Independent work time on Economics (Ask Ms. Basma for help/Office hours)		
1:05-3:00	English Class	CCSF Health class 1:30-2:15 or 1:00-2:00 EC study hall (Construction/Auto=Ms . Basma, BCST/CDEV=Mr. Marc, Ms. Heather=Psych, Heran=ESL142, Elena=ESL132) Or non-EC study hall with Antoine	English Class	CCSF Health class 1:30-2:15 or 1:00-2:00 EC study hall (Construction/Auto=Ms. Basma, BCST/CDEV=Mr. Marc, Ms. Heather=Psych, Heran=ESL142, Elena=ESL132) Or non-EC study hall with Antoine	English Class
3:00-4:00	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)	Check in with your adviser (by appointment)
4:00-5:00	Work out/Exercise	Work out/Exercise	Work out/Exercise	Work out/Exercise	Work out/Exercise

Student Facing 11th Grade Schedules

Cohort J					
Time	Mon	Tues	Wed	Thurs	Fri
10-11	Electives independent work time	Coding/AP Bio		Coding/AP Bio	Advisory Check ins + Peace club meetings (if you are in PC)
11-12		English Independent work time	Algebra Independent work time	History Independent work time	Physics Independent work time
12-12:30	Check in with your adviser- tell them what you need	English HW Due on Friday	Algebra 2 HW Due on Tuesday	History HW Due on Wednesday	Physics HW Due on Thursday
12:30-1:00	Break (12:30-1:00 Lunch)				
1-2	Advisory Check ins by appointment +IC meetings (if you are in IC)	Physics Independent work time	English Independent work time	Algebra Independent work time	History Independent work time
2-3	Internship small group instruction and office hours	Physics - Office Hours	English - Office Hours	Alg 2 - Office hours	History - Office Hours
3-4	Internship small group instruction and office hours	English - Office Hours	Alg 2 - Office hours	History - Office Hours	Physics - Office Hours
Cohort K					
Time	Mon	Tues	Wed	Thurs	Fri

10-11	Electives independent work time	Coding/AP Bio		Coding/AP Bio	Advisory Check ins + Peace club meetings (if you are in PC)
11-12:30	Advisory Check ins	English Independent work time	Algebra Independent work time	History Independent work time	Physics Independent work time
12:30-1	BREAK	English HW Due on Friday	Algebra 2 HW Due on Tuesday	History HW Due on Wednesday	Physics HW Due on Thursday
1-1:30	Advisory Check ins by appointment +IC meetings (if you are in IC)	Break (1:00-1:30 Lunch)			
1:30-2:00		Physics Independent work time	English Independent work time	Algebra Independent work time	History Independent work time
2-3	Internship small group instruction and office hours	Physics - Office Hours	English - Office Hours	Alg 2 - Office hours	History - Office Hours
3-4	Internship small group instruction and office hours	English - Office Hours	Alg 2 - Office hours	History - Office Hours	Physics - Office Hours

Cohort L

Time	Mon	Tues	Wed	Thurs	Fri
10-11	Electives independent work time	Coding/AP Bio		Coding/AP Bio	Advisory Check ins + Peace club meetings (if you are in PC)
11-1:00	BREAK	English Independent work time	Algebra Independent work time	History Independent work time	Physics Independent work time
1-1:30	Advisory Check ins by appointment +IC meetings (if you are in IC)	English HW Due on Friday	Algebra 2 HW Due on Tuesday	History HW Due on Wednesday	Physics HW Due on Thursday

1:30-2		Break (1:30-2:00)			
2-3	Internship small group instruction and office hours	Physics - Office Hours	English - Office Hours	Alg 2 - Office hours	History - Office Hours
3-4	Internship small group instruction and office hours	English - Office Hours	Alg 2 - Office hours	History - Office Hours	Physics - Office Hours