POWER UP BACK-TO-SCHOOL WEEK

PRESENTED BY THE DEPARTMENT OF STUDENT AFFAIRS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM – 10:00 AM	STRETCH & RELAX	MEDITATION SESH	STRETCH & RELAX	MEDITATION SESH/STRECH	STRETCH & RELAX
10:00 AM – 11:00 AM	JUNIOR ACHIEVEMENT	JUNIOR ACHIEVEMENT	JUNIOR ACHIEVEMENT	JUNIOR ACHIEVEMENT	JUNIOR ACHIEVEMENT
11:00 AM – 12:00 PM	VIRTUALLY ME/ I CHOOSE SCS	VIRTUALLY ME/ I CHOOSE SCS	VIRTUALLY ME/ I CHOOSE SCS	VIRTUALLY ME/ I CHOOSE SCS	VIRTUALLY ME/ I CHOOSE SCS
12:00 PM – 1:00 PM	ACT UPDATE	ACT UPDATE	ACT UPDATE	ACT UPDATE	ACT UPDATE
1:00 PM – 2:00 PM	FUN &FITNESS	FUN &FITNESS	FUN &FITNESS	FUN &FITNESS	FUN &FITNESS
2:00 PM – 3:00 PM	D.E.A.R.	D.E.A.R.	D.E.A.R.	D.E.A.R.	D.E.A.R.
3:00 PM – 4:00 PM	STUDENT PSA	STUDENT PSA	STUDENT PSA	STUDENT PSA	VIRTUAL DAY PARTY LIVE
4:00 PM – 5:00 PM	WE MATTER (88.5 FM) LIVE	WE MATTER (88.5 FM) LIVE	WE MATTER (88.5 FM) LIVE	WE MATTER (88.5 FM) LIVE	WE MATTER (88.5 FM) LIVE

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Stretch & Relax: A morning yoga and stretching routine to calm the mind and increase awareness and concentration. This routine is perfect for beginners.

Meditation: A short mindfulness practice that will set the tone for the day and help you be more focused, content, and optimistic.

Junior Achievement: Videos introducing students in grades K-5 to the world of finance.

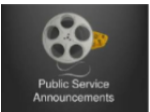**Virtually Me:** A series of short videos demonstrating how to be an effective and safe virtual learner.

iChoose SCS: Parents and students explaining why they choose SCS over other local education agencies

Fun & Fitness: Encourages students to keep up a healthy and active lifestyle by promoting movement and easy to follow workout.

Drop Everything and Read (D.E.A.R.): High school students reading stories virtually to encourage elementary students to read.

Public Service Announcement: Parents and students showing off virtual learning spaces at home, and showing how to social distance and incorporate other safety measures as part of their daily routine upon returning to the school building.

We Matter (88.5 FM): Student-led discussions on current social justice issues, the COVID-19 pandemic, and socio-emotional topics.

Virtual Day Party: A fun start of the 2020-21 virtual school year for SCS students in grades K-12.

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