

Lafayette NTI2DL Class Schedule 2020-2021

Time/Day	Monday	Tuesday 9/8	Wednesday 9/9	Thursday 9/10	Friday 9/11
		B	A	A	B
8:00-8:25		Mindful Start: 25 minutes Mindfulness/Meditation/Yoga Session via Mrs. Howard (Instagram: @lhsgeneralfitness)			
8:30-8:35		School Updates	Morning Announcements From the Principals	Morning Announcements From the Principals	School Updates
8:35-9:50		B1	A1	A1	B1
9:50-10:05		Physical Activity Movement Break: Go outside, take a walk, run, etc	Physical Activity Movement Break: Go outside, take a walk, run, etc	Physical Activity Movement Break: Go outside, take a walk, run, etc	Physical Activity Movement Break: Go outside, take a walk, run, etc
10:05-11:20		B2	A2	A2	B2
11:30-12:00		Cooking with Chef (Instagram: @mcbrides_culinary)	Arts Showcase Series	Arts Showcase Series	Cooking with Chef (Instagram: @mcbrides_culinary)
11:30-12:30		Lunch			
12:30-1:45		B3	A3	A3	B3
1:45-2:00		Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)
2:00-3:15		B4	A4	A4	B4
3:30-4:00		Social Activity/Office hours			

Lafayette NTI2DL Class Schedule 2020-2021

Time/Day	Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18
	A	B	C	A	B
8:00-8:25	Mindful Start: 25 minutes Mindfulness/Meditation/Yoga Session via Mrs. Howard (Instagram: @lhsgeneralfitness)				
8:30-8:35	Morning Announcements From the Principals	School Updates	-Social Emotional Learning -Check and Connect -Catch-up on Work Day -Curbside Library Book Pickup	Morning Announcements From the Principals	School Updates
8:35-9:50	A1	B1		A1	B1
9:50-10:05	Physical Activity Movement Break: Go outside, take a walk, run, etc	Physical Activity Movement Break: Go outside, take a walk, run, etc		Physical Activity Movement Break: Go outside, take a walk, run, etc	Physical Activity Movement Break: Go outside, take a walk, run, etc
10:05-11:20	A2	B2		A2	B2
11:30-12:00	Arts Showcase Series	Cooking with Chef (Instagram: @mcbrides_culinary)		Arts Showcase Series	Cooking with Chef (Instagram: @mcbrides_culinary)
11:30-12:30	Lunch				
12:30-1:45	A3	B3	-Club Meetings -Rehearsals -Curbside Library Book Pickup	A3	B3
1:45-2:00	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)		Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)	Take 10 Workout with LHS Health and PE Department (Lafayette Fitness YouTube Channel)
2:00-3:15	A4	B4		A4	B4
3:30-4:00	Social Activity/Office hours				