

# OMEGA SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30	CENTER (Teacher)	CENTER (Student)	CENTER (Teacher)	CENTER (Student)	CENTER (Teacher)
8:40					
8:50					
9:00	MATH	MATH	MATH	MATH	(9:15) MATH
9:10					
9:20					
9:30					
9:40					
9:50					
10:00					
10:10					
10:20	Integrated Lesson (English/ History/ Science)	Integrated Lesson (English/ History/ Science)	Integrated Lesson (English/ History/ Science)	Integrated lesson (English/ History/ Science)	(10:15 Snack) (10:25) Integrated Lesson (English/ History/ Science)
10:30					
10:40					
10:50					
11:00					
11:10					
11:20					
11:30					
11:40	Lunch/ Recess	Lunch	Lunch	Lunch/ Recess	Lunch/ Recess
11:50	PE (12:15-1:05)	MUSIC (12:00- 12:50)	SPANISH / STUDY HALL (12-12:40 Luna/ 12:40-1:20 Sol)	PE (12:15-1:05)	Mysteries (Council/ Gender)
12:00					
12:10					
12:20					
12:30					
12:40					
12:50	Recess (12:50- 1:10)	ART (1:10)	CLOSE (1:20) EARLY RELEASE	MUSIC (1:05- 2:00)	Integrated Lesson (English/ History/ Science)
1:00					
1:10					
1:20	SPANISH / STUDY HALL (2-240 Luna/ 2:40- 3:20 Sol)	SPANISH / STUDY HALL (2-240 Luna/ 2:40- 3:20 Sol)	SPANISH / STUDY HALL (2-240 Luna/ 2:40- 3:20 Sol)	SPANISH / STUDY HALL (2-240 Luna/ 2:40- 3:20 Sol)	CLASS MEETING/ CLEAN/ CLOSE
1:30					
1:40					
1:50					
2:00					
2:10					
2:20					
2:30					
2:40					
2:50					
3:00					
3:10					
3:20	CLOSE	CLOSE		CLOSE	

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**CENTERING-** Will begin at 8:35AM everyday. Tuesdays and Thursdays, the students will lead centering. On these days, students will choose centering activity for day, but still follow routine: Choose and write relevant quote on board for students to write in centering journals, light candle and lead group in 3 breathes, group discussion of quote, centering activity, and close with deep breathes and extinguishing candle. The Chakras will be a main underlying theme throughout the year. You will also notice that each day is marked with a specific activity, i.e. creation activity, physical, etc. This may change but serves as a reminder to the teachers to vary activities to meet all learning styles and interests.

**MATH-**Math is everyday of the week. Math will begin with a warm-up, followed by homework review and notes, and end with time to begin homework.

**SNACK-** should be simple and easy to get to.

**INTEGRATED LESSON-** Jason, Mark and Susan will teach this lesson together, combining Literature and Language Arts with both Science and History. This is similar to the "Main Lesson" students had prior to Omega. At this time, students will combine Literature units with themes in both Science and History in addition to practicing formal writing skills. There will be approximately 10 units this year.

**LUNCH/RECESS-** There will be NO microwave in Omega- with 22 plus students, there is not enough time for everyone to get a chance and our recess time is precious!

**PE/ ART/ MUSIC/ SPANISH (SPECIALS) -** Specials will, when possible, tie into the Integrated Lesson theme.

**STUDY HALL-** Students have 30 solid minutes of study hall a day (with the exception of Fridays) where they have an opportunity to not only do homework, but receive aid from the teachers.

**FRIDAYS-** Schedule and timing may vary. This will also most likely be the day the class schedules field trips. We will give ample notice that includes when, where and how much each field trip will be.

**MYSTERIES-** this includes both Mysteries Council and Gender Mysteries. Gender Mysteries will happen 1-2 times per month and is where the groups are separated by gender. In this circle, students address topics such as body image, self-love, heritage, customs, etc. Mysteries Council will be with all Omegans and also occur 1-2 times per month. In this circle, students have an opportunity to discuss the unknown and the questions that arise within them that do not necessarily have answers. This circle is not about elders providing answers but rather is about the elders providing a space that allows for the questions to exist in comfort. Topics vary and tend to be chosen based on the vibe or direction the group is going; this helps to maintain relevance and interest.

**CLASS MEETINGS-** Every Friday students will participate in a class meeting that is run Dynamic Governance style. This meeting will discuss current issues, problem solving, and decision making (from song selection for winter program to daily rituals and procedures that need tweaking). The agenda for this meeting will hang in the centering space and allow for students to add issues/ ideas that may come up during the week.