



LAKOTA EAST HIGH SCHOOL

Quarantine Expectations

Quarantined students should monitor their health daily using the self-assessment tool. While absences during quarantine are considered excused, students are encouraged to reach out to their teachers directly regarding assignments/projects that are assigned daily to stay on pace with learning activities and assignments during their absence.

While in quarantine, you will have access to instruction and assignments through Canvas so you can continue with your academic work. In the event that you are symptomatic and cannot complete your work, you will need to contact the school nurse and notify your teachers. Otherwise, the recommendation is that you stay current so you don't have to balance make-up work and current work when you return.

General Tips

Set a Routine:

1. Get up at a regular time each morning with a positive attitude. Get dressed as if it were a regular school day.
2. Structure your academic time to complete your readings, focus on assignments, and connect with your classmates for collaboration (ask questions, discuss content, etc.).
3. Go to sleep at a regular time. Consistency is your friend.

Stay Organized:

1. Organize the spaces where you do your schoolwork.
2. Keep a calendar or planner (paper or digital) and write everything in it, such as due dates and reminders. Canvas also has a calendar and a "To-Do" list to keep track of your work and due dates. Check HAC regularly as well.
3. Make a daily to-do list.

Stay Connected:

1. Connect with your classmates for accountability. For example, you could form virtual study groups with your friends.
2. Ask your teachers for help through Canvas inbox or email and give them time to respond since they are teaching during the day.
3. Complete your schoolwork just like you are in class. Don't forget you can join your clubs via Zoom by asking your club advisor.

Break Your Day and Workload into Smaller Chunks:

1. Don't try to do all your schoolwork in one day, but also avoid procrastination.
2. Chunk your day to give yourself breaks, but set a timer to stay on track!

Checklist Items

- I have watched the video: [How to get your SCHOOLWORK done during quarantine](#)
- I have a [routine](#) established (sample schedule included at bottom of document).
- I have a dedicated [workspace setup](#).
- I can [check HAC](#) daily for an update on my grades and progress.
- I can access support for technology questions using [Student Support Modules](#).
- I have all of my teacher's email addresses or I know how to email through [Canvas Inbox](#).
 - [Lakota East](#) Staff Directory
 - [How to Email Your Teacher](#)