

Falcon Flex Student Information & Instructions



STUDENT MOVEMENT REQUESTS

Friday 8am Aug 24th, 2018 thru Monday 5pm Aug 27th, 2018

Students will have two options:

1. Students may sign-up AHEAD of time to see another teacher using their PUSD Google Account.. They will only have the option to sign up for one week in advance. There will be a link to [FLEX Movement Request](#) on the FHS website for students to easily access.
2. Students may remain in their assigned Flex Period class and work as needed.

FIRST MOVEMENT DAY IS THURSDAY, AUGUST 30TH

ATTENDANCE and BELL SCHEDULE

Students will need their ID cards with them when checking in at Flex

- Teachers will check in students by scanning student IDs and recording in the system.
- [CLICK HERE](#) for a link to the bell schedule for Foothill High School.

FAQs for Foothill Students

Q: How will students get information regarding FLEX expectations and movement?

A: Flex teachers will show the [informational slidedeck](#) with their classes.

Q: How many students can sign-up to see a teacher on any given Flex period day?

A: Teacher's are set to accept up to 10 students, in addition to their regular flex class. Once all slots have been taken, that teacher will no longer be an option to choose on the Google form.

Q: How do students know where to go for Flex period?

A: Students must sign-up via the Google form ([FLEX Movement Request](#)) on the Foothill website. Students will also receive an automated sign-up message confirmation. Students can sign up for the week's Flex periods from Friday of the prior week at 8am through Monday of the current Flex week at 5pm. **If they do not sign up, they remain in their Flex homeroom.**

Q: Can I go to the library during Flex?

A: No, the library has their own class of students for flex. IF a student wants to plan ahead and sign up for the library they can using the [FLEX Movement Request](#) form.

What are my guidelines as a student?	What can students do during FALCON FLEX?
<p>Falcon Flex Period is designed to provide an opportunity for each student to be able to access the support needed as an individual. However, in order for Flex Period to be successful, there are certain norms and expectations that ALL students will be expected to follow.</p> <ol style="list-style-type: none"> Noise level should be low/appropriate for the activity. Flex period time is academic, not social – non-academic conversations may distract others from working, reading or resting. Attendance is required and will be taken at beginning of Flex Period. Students should be: studying, reading, working with partner, talking to teacher, reviewing notes. (Students may choose a quiet activity or rest, but should not disturb those around them) Regular classroom rules apply and discipline issues will be handled in accordance with the FHS discipline policy. Laptop, tablets, phones, and headphones may be used at teacher discretion. <p>Student need and student choice will drive Flex period, but it is important to remember that this is a function of Foothill High School. Activities, language and digital content must all be appropriate in an academic setting.</p>	<p>Focus and study for upcoming tests/quizzes.</p> <p>Arrange and update planner for the upcoming week.</p> <p>Learn a new concept, refine an essay, or review for a test.</p> <p>Complete assigned homework for any class. Review past chapters and quizzes/tests.</p> <p>Organize materials for your classes.</p> <p>Need assistance in class? See your teachers.</p> <p>Find support and guidance to address stress, mental health, mindfulness, and overall well-being.</p> <p>Look for ways to improve your grades.</p> <p>Extra time during your school day for wellness choices.</p> <p>eXercise and see your PE teachers.</p> <p>Remember, Falcon Flex is new!</p> <p>Although we hope that students will use this time to reduce the burden on them before school, after school and during lunch, we recognize that this is a new feature for our school day. We welcome feedback, especially recommendations on how to make Flex period better.</p>
<p>NOTE: <i>Students who need additional guidance will receive support from counselors to determine the best use of the FLEX period.</i></p>	