


THE NITRO WAY

For Distance Learning – Fall Semester 2020

		ROUTINE / SETTING				
		Work Station	Classwork/ Assignments	Communication	Self-Care	Community
BEHAVIORAL EXPECTATION	Respectful	<p>Maintains a tidy place to work and learn</p> <p>Has device on and ready before class begins</p>	<p>Makes appropriate comments in classroom stream</p> <p>Participates with video and audio enabled</p>	<p>Emails teacher with clarifying questions</p>	<p>Makes and maintains healthy sleeping and eating schedules</p>	<p>Practices physical distancing and wears a mask in public</p>
	Engaged	<p>Logs into each class on time daily</p> <p>Follows dress code</p>	<p>Completes all assignments</p> <p>Participates appropriately in break-out rooms</p>	<p>Keeps classroom public comments positive</p> <p>Listens to and responds to other student comments</p>	<p>Schedules time away from screens to decompress</p>	<p>Takes time to help family members, siblings or do household duties</p>
	Dedicated	<p>Accesses and reads all classroom announcements</p>	<p>Submits assignments by the due date/time</p>	<p>Asks for help before assignments are due</p>	<p>Finishes a preferred form of physical activity daily</p>	<p>Washes hands often for at least 20 seconds</p>