



Topics in this PowerPoint

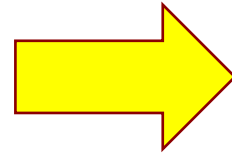
- 1) [Understanding the Flex Schedule](#)
- 2) [Checking Flex Schedule](#)
- 3) [Signing Up for Flex Sessions](#)

Flex Schedule Student Guide

1) Understanding the Flex Schedule

What is Flex?

- Flex is held during the lunch hour
- During this hour, there will be opportunities for you to participate in a variety of activities ranging from club meetings, support groups, and academic support
- This hour is divided up into two sections A and B, both 30 minutes each



Period	Time	Minutes
1	7:25-8:15	50 minutes
2	8:20-9:10	50 minutes
3	9:15-10:05	50 minutes
Lunch / Flex	10:10-11:15 A. 10:10-10:40 B. 10:45-11:15	65 minutes A. 30 mins B. 30 mins
4	11:20-12:10	50 minutes
5	12:15-1:05	50 minutes
6	1:10-2:00	50 minutes

What are some Flex activities happening during lunch hour?

Academic Interventions

- During academic intervention, students can *monitor* class progress, *revise* assignments/assessments, *conference* with teachers, etc.

Enrichment Activities

- Clubs/Sport Team Meetings
- Student Activities (basketball, volleyball, kick-ball, frisbee golf, chess, one acts, poetry readings, yoga, etc.)
- Student Performances and Demonstrations (sketches, open mic, dance, music, cooking demos)
- Support Groups or Activities (mindfulness, etc.)
- Guidance Activities (ECAP, FASFA, registration, college applications, etc.)

How do I sign up for Flex activities?

- If a teacher believes you would benefit from academic support, they will schedule you and it'll show on your StudentVue schedule
- For all other activities, you are required to sign up yourself on StudentVue



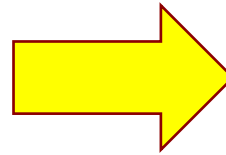
Teacher Schedules You
(for academic intervention)



You Schedule Yourself
(for all other activities)

So when is my lunch?

- Flex is divided up into two sections:
A and B
 - One of the sections will be your lunch and the other a Flex activity
- Your lunch section can change daily because it is determined by what Flex activity you have scheduled that day



Period	Time	Minutes
1	7:25-8:15	50 minutes
2	8:20-9:10	50 minutes
3	9:15-10:05	50 minutes
Lunch / Flex	10:10-11:15	65 minutes
	A. 10:10-10:40	A. 30 mins
	B. 10:45-11:15	B. 30 mins
4	11:20-12:10	50 minutes
5	12:15-1:05	50 minutes
6	1:10-2:00	50 minutes

Example:

- On Monday, a teacher assigns you to Flex Section A, then your lunch will be Section B
- On Tuesday, you sign up for a Flex B, then you will have Lunch A

When and how are the Flex sessions being offered?

- Teachers have different schedules every week and they alternate every two weeks
- Since schedules change every two weeks, we will call one week **BLUE** week and the other **RED** week

Example of a Teacher Schedule					
Week	Mon	Tues	Wed	Thurs	Fri
BLUE WEEK	Academic Intervention	Academic Intervention	Academic Intervention	X	Club
RED WEEK	Club	X	X	Academic Intervention	Academic Intervention
BLUE WEEK	Academic Intervention	Academic Intervention	Academic Intervention	X	Club
RED WEEK	Club	X	X	Academic Intervention	Academic Intervention

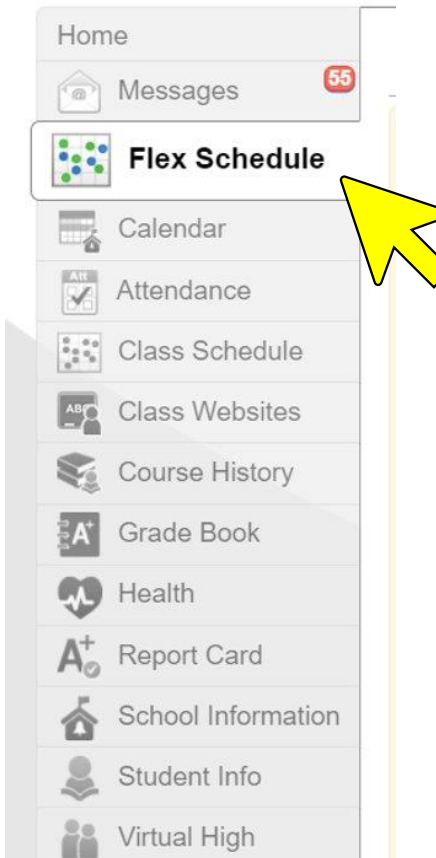
Where can I find out what sessions are being offered?

- A weekly activity schedule will be published and sent out through StudentVue and email, so it is important that you check your schedule and your email **DAILY**



How do I sign up on StudentVue?

- Students can sign up for activities/enrichment by using Flex Schedule in StudentVue and clicking on the teacher sponsoring the activity



What happens if I don't show up to academic intervention?

If a teacher believes you would benefit from academic support, they will schedule you and it'll show on your StudentVue schedule. If you don't show up to academic intervention:

- Calls home will be made before the end of the school day
- Conferences will be held with parents, students, and administration
- Students will have to make-up Flex Time during afterschool tutoring

*Can I just take
a one hour
lunch?*

- Even if you are passing all your classes and do not require additional assistance, the expectation is that you attend enrichment activities.
- You are encouraged to sign up for enrichment activities such as clubs, counseling groups, open gym, ACT prep classes, AP tutoring, etc.
- Enrichment activities can help develop life skills to be college and career ready!!!

*A teacher
signed me up
for academic
intervention,
but I want to
attend this
club...*

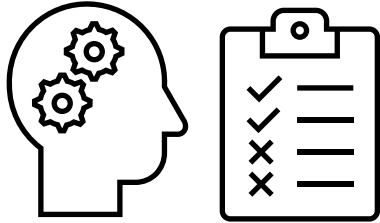
- We are prioritizing academic interventions. Once you have mastered the essential standards and skills for your classes, you can start attending enrichment activities.
- Your teacher has the discretion to assign you at any time; it's not just about your grades!

*I need support
in math, but
my teacher
didn't
schedule me?*

- You can still schedule yourself for academic intervention if the teacher has the space for it.
- You could also speak to the teacher and ask if you could join them for intervention.
- Meanwhile, you can sign up for another class you might need intervention for.

Key Points

How many of these key points do you understand?!



- ✓ Flex falls during lunch hour
- ✓ Your lunch depends on your flex activity that day
 - If you have an activity scheduled at the beginning of lunch (10:10-10:40), then your lunch is at the end of that lunch hour (10:45-11:15)
- ✓ Teachers can sign you up for academic interventions during flex
- ✓ You could also sign up for enrichment activities during flex
- ✓ Teacher schedules change weekly

2) Checking Flex Schedule on StudentVue

How do I sign up for Flex activities?

- If a teacher believes you would benefit from tutoring, they will schedule you and it'll show on your StudentVue schedule
- For all other activities, you are required to sign up yourself on StudentVue

Check your schedule if a teacher assigns you!



Teacher Schedules You
(for academic intervention)



You Schedule Yourself
(for all other activities)

Checking Your Schedule for Flex

- ❑ Login to StudentVue with your ID and password
 - Username is your first name, last initial, day of birth, last 3 of ID#, @student.tuhsd.org
 - Password is your ID#, lowercase first name initial, capitalized last name initial, !
- ❑ Open the “Flex Schedule” tab on the menu screen
- ❑ Set the Flex period to the specific date to view your scheduled activity tomorrow

Home
Messages
Flex Schedule
Calendar
Attendance
Class Schedule
Class Websites
Course History
Grade Book
Health
Report Card
School Information
Student Info

FLEX SCHEDULE

Missing selection for Monday 08/16/2021 - Period 7, Tuesday 08/17/2021 - Period 7, Thursday 08/19/2021 - Period 7, Friday 08/20/2021 - Period 7

Save Changes

Flex Period: Monday 08/16/2021 - Period 7
Friday 08/13/2021 - Period 7
Monday 08/16/2021 - Period 7
Tuesday 08/17/2021 - Period 7
Thursday 08/19/2021 - Period 7
Friday 08/20/2021 - Period 7

Flex Period: Wednesday 08/11/2021 - Period 7

Select	Title	Description	Teacher	Room	Open Seats
	Flex A: Academic Intervention		Furkert, Karen	7070A	FULL

Reason For Attendance (optional)

I need help with...

Understanding your Daily Class Schedule!

Your Schedule on StudentVue

When we start the flex time, you'll need to check this **daily** as your lunch and assignments may change often.



Abel

Sierra Linda High School
(623-474-7700)

My Account

Help

Close

Tolleson Union High School District

Good afternoon, **The Weekend** 8/1/2021

Home

Messages

Flex Schedule

Calendar

Attendance

Class Schedule

Class Websites

Course History

Grade Book

Health

Report Card

School Information

Student Info

Virtual High

CLASS SCHEDULE

Adv 21-22

Today | S1 | S2

8/20/2021

01: 8015 HEALTH - 8015-04
7:25 AM-8:15 AM

Sanchez, Roberto
Room: 501

02: 4009 ALG I 1 - 4009-06
8:20 AM-9:10 AM

McSpadden, Jake
Room: 7270

03: 8950 CTE Digital Photo 1 - 8950-05
9:15 AM-10:05 AM

Offi, Joseph
Room: 7268

04: 3001 FRESH ENG 1 - 3001-06
11:20 AM-12:10 PM

Arrieta, Cyan
Room: 7103

05: 7364 PSYCH - 7364-03
12:15 PM-1:05 PM

Enciso, Andrew
Room: 7209

06: 4563 Con Phy Sci 1 - 4563-03
1:10 PM-2:00 PM

Chavez, Petra
Room: 7046

7: 0034 ADV - 0034A-CTE_JO
10:10 AM-11:15 AM

Offi, Joseph
Room: 7268 **B**

Your Flex period will show up here as
7th PERIOD!!! But remember, 7th
period = LUNCH/FLEX.

The "B" at the end of
the room number means
it's Flex B... so your
lunch is A!

3) Signing Up for Flex Sessions on StudentVue

How do I sign up for Flex activities?

- If a teacher believes you would benefit from tutoring, they will schedule you and it'll show on your StudentVue schedule
- For all other activities, you are required to sign up yourself on StudentVue



Teacher Schedules You
(for academic intervention)

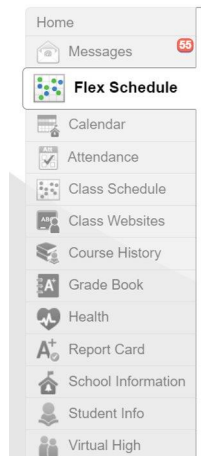
If a teacher never assigned you, you can schedule yourself!



You Schedule Yourself
(for all other activities)

List of Flex Activities

- For each day, you will see a list of activities with a description.



Select	Title	Description	Teacher	Room	Open Seats
	Typing Lessons	Typing lessons will help you if you want to learn to type better or want a secretarial or administrative position after high school. Learning to type will also prepare you to type essays for school either currently or in College/University, where the ability to type quickly and accurately is crucial.	Adame, Giselle	959	25
	CTSO - App Developers	Learn to be a leader and compete in your favorite topics of interest. FBLA is a leadership organization that supports students and helps them to become the best version of themselves.	Alfieri-Brown, Shelley	524	36
	West Point Theatre Club	Join the West Point Theatre Company in creating a fun and safe environment where we can be dramatic, express emotions, learn about theatre, and put on shows while gaining confidence in performing.	Alvarez, Jesus	1125	40
	Muévete Monday	Wear something comfy and introduce mindful movement to your week with positive affirmations, chill vibes, and Latin sounds.	Arenas, Lizeth	311	40
	Ethnic Studies 101	An introduction to Ethnic Studies in the United States. This will include learning about the history and culture of different ethnic groups in the United States and will cover learnings from Black Studies, Chicano/Mexican American Studies, Asian American Studies, Pacific Islander Studies, and Native American/Indigenous Studies.	Arroyo, Viviana	953	36

Remember!

- If you need academic intervention, a teacher will assign you for that day and it'll show up in BLUE.
- You cannot select an activity for that day.

Save Changes

Flex Period: Wednesday 08/11/2021 - Period 7 ▾

Select	Title	Description	Teacher	Room	Open Seats
	Flex A: Academic Intervention		Furkert, Karen	7070A	FULL
Reason For Attendance (optional)					
I need help with...					

Ms. Furkert signed you up for Academic Intervention. You must report to room 7070 on Wednesday 8/11 during Flex Session. I know it's Flex session A because it says it in the title and the room number is 7070A. So my lunch must be lunch B!



Important Notes

- Once you select a class and hit save changes, you CANNOT make any changes or switch classes.
- Use a computer to sign up. The phone app has glitches and will sign you up for multiple classes.

Signing up for Flex Sessions

- ❑ Login to StudentVue with your ID and password
 - Username is your first name, last initial, day of birth, last 3 of ID#, @student.tuhsd.org
 - Password is your ID#, lowercase first name initial, capitalized last name initial, !
- ❑ Open the “Flex Schedule” tab on the menu screen
- ❑ You will see an alert box showing you upcoming Flex dates
- ❑ Set the Flex period to a specific date to view the classes for that day
- ❑ Scroll down and select a Flex class
- ❑ Make sure you click “Save Changes”

Flex Schedule

Missing selection for Monday 08/16/2021 - Period 7, Tuesday 08/17/2021 - Period 7, Thursday 08/19/2021 - Period 7, Friday 08/20/2021 - Period 7.

Save Changes

Flex Period: Monday 08/16/2021 - Period 7

basketball

Select	Title	Description	Teacher	Room	Open Seats
<input type="radio"/>	Girls Basketball	Interested in participating during the 2021-2022 winter season? Please attend to get information about preseason workouts, tryouts and what is needed to play.	Christians, Monique	355	40
<input type="radio"/>	Boy's Basketball	Come get information about basketball offseason training and what needs to be done to be able to participate.	Coalmon, Zachary	703	40
<input type="radio"/>	Boys Basketball Interest Meeting	Meeting in the cafeteria. Come learn about boys basketball: what is needed to participate, offseason schedule, tryout dates, etc.	Milliron, Jeremiah	910	100

Flex Activities

- Here's the list of Flex activities you can sign up for STARTING SEPTEMBER 1ST!!!
- Are there any activities that you want to see?

		September 2021 Flex Activities		
Mon	Tue	Wed	Thu	Fri
		1 Volleyball/Badminton • Jazz Band • Open Library • Kpop Club • Photoshop • Tutoring	2 Chess • Jazz Band • Sociology Issues • History thru Film (Marvel) • Art/Drawing • Among Us Club • Open Library • Boys Basketball • Theater Club • Photoshop • National Honor Society • Tutoring	3 Girls' Basketball • Photoshop • Storymakers • Volleyball/Badminton • GSA Meeting • Documentary Club • Guitar Building Basics • Tutoring
6 Labor Day—No School	7 Chess • Jazz Band • Sociology Issues • History thru Film (Marvel) • Art/Drawing • Among Us Club • Open Library • Boys Basketball • Choir Sectionals • Photoshop • FBLA Meeting • Soccer RMA Club • MECHA • CTSO FBLA • HOSA Chapter Meeting • Tutoring	8 Volleyball/Badminton • Jazz Band • Open Library • Photoshop • Tutoring	9 Volleyball/Badminton • Tennis • Sociology Issues • Planet Earth • Manners and Etiquette • Future Engineers • Sports Club • Girls Soccer • Open Library • Science Adventure Time • STEM Day • Guitar Building Basics • Healthcare Issues • Current Events • Tutoring	10 Jazz Band • Sign Language • Chamber Choir • Photoshop • Tutoring

Check Flex Schedule on [StudentVue](#) for more information on the activities. Make sure you sign up the DAY BEFORE.

Let's check your schedule for tomorrow!





If you're assigned:

- Where are you going tomorrow?
- What section is your lunch?

Pro tip #1: Set an alarm every morning before school to check your schedule for the day and to sign up for the next!

If you're not assigned:

- Sign up for something for the NEXT day!
(Important NOTE: You cannot schedule for the day of. You can only schedule for the NEXT day!)
- Go to Flex Schedule and look up clubs/activities. You can use the filter button to search for activities.  
- Click the circle to select and click "Save Changes."

Flex Period: Wednesday 08/11/2021 - Period 7

Select	Title	Description	Teacher	Room	Open Seats
<input checked="" type="radio"/>	Flex A:	Girls' Basketball	Crystal Ingram	Gym	35

Reason For Attendance (optional)

I need help with...