

### 1. What exactly is flex/ time?

At OHS, our day is divided into 5 equal class periods, and classes run throughout the day. Each class is 70 minutes long, with 10 minutes for class change between each period. This means that each student has 90 minutes of flex time built into his schedule each day.

### 2. Why don't all students have the same flex period?

Because we want to make the best use of our resources- space and personnel- we run classes throughout the day. We can then use our classrooms, gym areas and labs much more efficiently and effectively. Students have access to more variety and choice as a result.

### 3. Why are Grade 9 students required to have part of flex time under supervision?

One of the goals of our Red Quad team is to help students learn how to best use their time at school effectively. Our experience is that students need guidance around using free time well. We work around the theme "Who Am I?" with grade 9 students; we do a number of exercises to help students discover how they learn best, and teach them goal setting skills and reflections skills. We also actively teach students how to study and how to work effectively in groups. Our plan is that this instruction will not only help students in grade 9, but will make them more effective learners as they move into high school. We also complete a one credit Safety Course to enable students to move seamlessly into work experience and RAP placements, as well as to give them some information as they move into the world of part time and summer employment.

### 4. The schedule for students in flex looks like this:

- **September-** learning styles/goal setting/begin safety course.
- **October-** core subject area cohort and study skills instruction, including concept webbing, notecards, and learning journals. Two days of the week are core subject cohorts, two days are homework days. Depending on the week, students may also use one day for safety course work.
- **November-** first report card- students with 80% or above in all core classes (not the average) have a focus exemption two days a week where they will be allowed to complete homework on their own rather than in a supervised environment. Mrs. Roelfsema always has the last say on this and it is dependent on homework completion and great classroom habits. Students can approach her at any time if they meet focus exemption requirements. These are reviewed after each report card period.
- **January-** students complete a course review for core subjects- this could be an art journal, powerpoint, flashcards, prezzi, game, concept maps, or review and study completion in The Key study booklet.
- **May-** Transition work for grade 10 with each grade 9 student learns about the quad system for grade 10 and completes an application for their high school placement.
- **June-** students complete a course review for core subjects- this could be an art journal, powerpoint, flashcards, prezzi, game, concept maps, or review and study completion in The Key study booklet