

## **FALCON INDEPENDENT TIME:**

### **Work. Get Help. Rest.**

Falcon Independent Time (F.I.T.), a once per week study hall, allows students to complete school work, read, receive extra help, or rest. Intended primarily to reduce the stresses of the week, FIT should be 41 minutes spent in an environment that is calm, quiet, and conducive to study. There should not be new material presented or whole class teaching/re-testing during FIT.

<b>What can students do during F.I.T.?</b>	Students will be able to complete schoolwork, receive support from staff members, or do something else that is quiet. If they have access to chromebooks in the classroom, students may use one to facilitate work completion. During FIT, the standard school cell phone policy will be in effect. Specifically, students may not use cell phones unless otherwise directed by a classroom teacher.
<b>How will students receive extra support from staff members?</b>	Preferably, students should sign up one day in advance but extenuating circumstances may not always allow for this. In any case, students will not be allowed to leave their scheduled classroom without a pass. Ideally, the decision to work with another teacher will involve an agreement among the two teachers and the student. The purpose of FIT is to reduce stress and not create conflict but in certain cases the teacher of the FIT period may need to exercise professional judgment to best meet student needs. Before FIT, the library will issue a limited number of passes and students should sign in when they arrive. Teachers should not send students to the library during FIT unless they have a pass.
<b>What should a teacher expect from students?</b>	Students are expected to attend FIT and make wise choices about how to use their time for their long-term success and well-being. All school and class policies remain in effect; tardies and absences should be recorded as they normally are, for example.
<b>What is expected of staff members?</b>	Teachers scheduled with a class during FIT are expected to supervise and provide a quiet environment for students. Teachers without a class may use the time for planning or grading and are not expected to see students during the extra planning time.
<b>Why is FIT scheduled during rotating periods?</b>	The FIT schedule is created to distribute the time (7 study periods of 41 minutes) evenly among the weeks of the quarter and periods of the day so that FIT does not disrupt any class disproportionately. The school leadership team decided that FIT would typically not be held on shortened weeks or on days otherwise affected by irregular schedules (early dismissal or Pep Rallies, e.g.).

