

School Weekday Schedule

7:00 am (unless directed otherwise) – Quiet Hour ends – Morning Routine
(Completed in the following order)

- 1) Room Clean
- 2) Hygiene – showers are up to 10 minutes in length (may be timed)
- 3) Morning Medications

Residents need to be ready to get on the bus or be driven to school on time.

Call time is 3pm – 7pm on weekdays

Mon-Thurs **12:00-2:00pm**: Day Treatment (lunch should be packed the night before and brought along)

(Friday **ALC**/STARR/Middle School): **8:30am** Quiet hour ends residents should be out of rooms, Morning Routine begins including morning chores and breakfast.

9:30-11:00am: School work/Independent time (organize personal bins, ask for clean bedding, etc.)

11:30-12:30pm: Lunch and Midday Chores

12:30 – 1:30pm: REC Time (mandatory)

1:30 – 2:30pm: Leisure Time, card/board games(video games Tuesday/Thursday for youth who earned Fun Friday)

2:30 – 3:00pm: Personal Quiet Time, reading, journaling, coloring, diamond dots, independent activities (*no electronic media*)

3:00 – 4:30 pm: Snack/Shelter Care Group Time/Quiet Time

4:30 – 5:30 pm: REC time (Mandatory)

5:30 – 6:30 pm: Dinner & Evening Chores

6:30 – 8:00pm Evening Routine

- 1) Hygiene (must be completed before leisure activities
(showers are up to 10 minutes in length, and may be timed)
- 2) Pack lunch for next day if needed
- 3) Free leisure Time (**7:00-8:00pm** residents may watch a movie or TV show
(age appropriate); no gaming.

8:00 pm: Prepare for Quiet Hour (Completed in the following order)

- 1) Evening Medications
- 2) Snack (as listed on the menu)
- 3) Brush Teeth
- 4) Ask for Quiet Hour Needs
- 5) Use the bathroom

Quiet Hour Needs Include:

- Radio or DVD Player (with Fun Friday)
(includes a *single* DVD)
- Pencil/Colored Pencils/Crayons
- Coloring pages/blank paper
- Quiet hour toy/fidget
- A book
- Water

All items (except a book, water) need to be returned to staff at 9:30pm.

8:30 pm – 9:30 pm: Quiet Hour all items need to be given by 8:30pm no exceptions.

All your needs should have been met by **8:30pm**. Now it's time to remain in your room doing a quiet activity, voices are off. You are to remain in your room unless you need to use the bathroom or in the event of an emergency.

9:30 pm: Lights Out, no exceptions

Today's Date: __/__/____

The GMFS Schedule was given in paper form and/or document form, by GMFS Shelter Staff, to the Client and Social Worker.

Signature: _____
Printed: _____
Parent/Guardian

Signature: _____
Printed: _____
Shelter Care Staff