



Aloha Independent Study – Parent-Led Daily Routine (PK–12)



Morning Routine

- **7:30–8:00 am** → Morning Prep
 - Breakfast, family check-in, and setting daily goals.
- **8:00–8:30 am** → Yoga / Stretching or Outdoor Walk (Wellness start for all grades).
- **8:30–9:00 am** → SEL (Social Emotional Learning) Journal or Family Circle Time.



Core Academic Blocks

Pre-K (Parent-Led)

- **9:00–9:30 am** → Alive Studios / Play-to-Learn
- **9:30–10:00 am** → Phonics (letters, sounds, tracing)
- **10:00–10:30 am** → Storytime & Preschool Art
- **10:30–11:00 am** → Math with manipulatives (counting, sorting, shapes)
- **11:00–11:30 am** → Music/Movement
- **11:30–12:00 pm** → Snack & Free Play

Elementary (Grades K–6)

- **9:00–9:45 am** → Language Arts (phonics, reading, writing)

- **9:45–10:30 am** → Math (Saxon, Savvas, or parent-chosen curriculum)
- **10:30–11:15 am** → Science (hands-on experiments, videos, journaling)
- **11:15–12:00 pm** → Social Studies/History

Middle School (Grades 7–8)

- **9:00–10:00 am** → Language Arts (Lit circles, writing, comprehension)
- **10:00–11:00 am** → Math (Algebra/Pre-Algebra)
- **11:00–11:30 am** → Study Hall / Parent-Led Tutoring
- **11:30–12:00 pm** → Independent Reading

High School (Grades 9–12)

- **9:00–10:00 am** → Language Arts (English/Composition or AP Lit)
- **10:00–11:00 am** → Math (Algebra II, Geometry, Pre-Calc, or AP/College-level)
- **11:00–12:00 pm** → Science (Biology, Chemistry, Physics, AP Sciences)



Lunch & Break

- **12:00–1:00 pm** → Lunch, outdoor activity, chores, downtime.



Afternoon Electives & Enrichment

- **1:00–2:00 pm** → Elective (Coding, Robotics, Art, Music, Graphic Design, Mandarin)
- **2:00–2:30 pm** → Health/PE (yoga, sports practice, walk, bike ride)

- **2:30–3:00 pm** → Study/Review time (catch up on unfinished work, projects)
 - **3:00–4:00 pm** → Project-Based Learning / Family Science Experiments
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Late Afternoon

- **4:00–5:00 pm** → Clubs (Spelling Bee, Math League prep, Future City, Debate, Drama, Chess — parent-organized or online options)
 - **5:00–6:00 pm** → Technology/Creative Time (Minecraft Education, Roblox Coding, Digital Art).
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Evening Routine

- **6:00–7:00 pm** → Family Dinner & Discussions (review learning goals, share highlights).
 - **7:00–8:00 pm** → Independent Reading, Journaling, or Quiet Study.
 - **8:00–8:30 pm** → Storytime (for younger students) / College/Career Readiness Planning (HS).
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Key Features of Parent-Led Independent Study

- ✓ **Flexible** – Parents may shift blocks earlier/later.
 - ✓ **Curriculum-Driven** – Parents choose curriculum (Savvas, Pearson, Classical, Unit Studies, etc.).
 - ✓ **Hands-On Emphasis** – Projects, experiments, family discussions enhance learning.
 - ✓ **Wellness + SEL** built into morning & afternoon.
 - ✓ **Electives** tailored to family strengths (art, music, coding, faith-based, etc.).
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