

Hour-of-Power

“H.o.P” to IT

ALL FIVE NOTEBOOKS are to be brought home every night from school.

Student sits alone at the dining room table, or another quiet locale, where they can focus their attention on their notebook system and text/reading books. Student cannot be in their room or any room in which supervision is limited.

No computers or cell phones are allowed in room with student. There are no excuses or exceptions to this rule. This is essential to creating an environment in which a student can fully engage in self-sustained attention to their schoolwork for sixty minutes.

Hour-of-Power (HoP) is required and enforced on Sunday, Monday, Tuesday, Wednesday and **Thursday only**. Student is required to sit for 60min without technology in dining area/table (or otherwise specified work space) without distraction regardless of any other involvement in academic help or appointments that day. This includes all forms of tutoring and any other homework in which technology is used in completing any assignment. It is highly recommended that a timer be set in order to ensure full compliance with the 60 minute time period.

Student must first get all assignments written down in “to do list” style, if this was not accomplished during school hours before the HoP even begins. If student is not sure of homework assignments for whatever reason, the list must be generated by gathering this information from school-internet sources or friends prior to the HoP. No excuse gives the student the right to spend part of this designated time on the computer. Research projects, essays, Internet referral sources and the like are NEVER considered part of the HoP.

Most of the student’s time will be spent completing Math homework, taking reading notes in History and Science, or completing Foreign Language homework. Most kids know that English assignments and the various History and Science writing assignments are more efficiently done on the computer. This must always be done outside the 60 required minutes that comprise the HoP.

The Hour-of-Power is to be spent alone; no bathroom breaks or snacks. This serves to simulate typical test-taking conditions, in which students must perform under pressure for an hour during an exam. This time alone then also serves as an exercise in discipline and sustained focus and concentration for all assessments the child will encounter throughout their academic career and beyond. Parents are encouraged to help ensure that the student’s work environment is as free from distraction as possible, while still being situated in an area that can easily be monitored from afar. This keeps students from feeling isolated and reinforces the performance aspect of immersing oneself into their schoolwork during their HoP.

H.o.P. Contract: Parent Signature _____

Student Signature _____