

## What opportunities are available?

- Office Hours
- Academic Study Hall
- Computer Labs
- Library Research
- Meet with teachers
- Counseling Services
- Capstone and Internship Assistance
- Clubs and Activities
- PE Fit & Weight Room
- Peer Tutoring
- Math Lab
- Writing Lab
- Science Lab
- Social Studies Lab
- Foreign Language Lab
- Writing Lab
- Reading Lab



## VRHS MISSION STATEMENT

*We are committed to developing our students to be systems thinkers who use active learning strategies both independently and collaboratively to meet the challenges that face them at personal, community, career and global levels.*

**Valley Regional High School**

256 Kelsey Hill Road  
Deep River, CT 06417

## VRHS Flex Block

### FLEX BLOCK

#### WHAT IS IT?

- ✓ TIME TO MEET WITH TEACHERS
- ✓ LUNCH
- ✓ EXTRA HELP
- ✓ PEER TUTORING
- ✓ MAKE UP WORK
- ✓ QUESTIONS
- ✓ STUDY
- ✓ CLUBS

It's not flexible time for you, it's flexible opportunities!

VALLEY REGIONAL HIGH SCHOOL

Valley Regional High School



Opportunities for Personalized Learning



## **Flex Block's Mission at Valley Regional High School**

The mission of Flex Block is to provide students with structured personalized opportunities for engagement, exploration, enrichment, and support to foster lifelong academic, social, and civic success.



## **The Purpose of Flex Block at Valley Regional High School**

Through various Flex Block pathways, students will develop personalized learning plans to manage their time, pursue their interests, and become more independent learners. Flex Block pathways include self-guided or collaborative study, academic enrichment, support, and college and career planning.

## **FLEX FAQ**

### **How does Flex Block work?**

- Students follow a customized schedule developed weekly in Advisory
- Students have the opportunity to create their own schedules and determine the location in which they spend their Flex Block
- Teachers or administration may schedule academic appointments for students according to need
- Students may engage in social clubs, activities and small group discussion
- Students may use their flextime in civic service to others such as tutoring, volunteering, or other service based options