



5 STAR
VdM RISE :
Student & Family Training



Objective:

Students will be able to understand the purpose of RISE, expectations, and how to schedule themselves in 5 Star



What is RISE?

Time provided during the school day for students to engage in specialized support, strategic intervention, or enrichment opportunities based on their individual needs.



Why do we have RISE?

To provide students more help with a concept, strategies to gain access to the curriculum, supports to diminish learning gaps, or opportunities to master a concept

To provide opportunities for enrichment and extension

To provide students quiet time to work

To provide help during the school day



When is RISE?

Regular Schedule- M, W, TH, F					ACE Schedule- T				
Period	Start		End	Minutes	Period	Start		End	Minutes
0	7:05	-	7:55	50	0	7:10	-	7:55	45
1	8:00	-	8:52	52	1	8:00	-	8:42	42
2	8:56	-	9:46	50	2	8:46	-	9:26	40
Break	9:46	-	9:57	11	Break	9:26	-	9:37	11
3	10:01	-	10:51	50	3	9:41	-	10:21	40
4	10:55	-	11:45	50	4	10:25	-	11:05	40
RISE	11:49	-	12:17	28	RISE	11:09	-	11:37	28
Lunch	12:17	-	12:52	35	Lunch	11:37	-	12:12	37
5	12:56	-	1:46	50	5	12:16	-	12:56	40
6	1:50	-	2:40	50	6	1:00	-	1:40	40





PRIORITY DAYS & ENRICHMENT DAYS

Priority Days - Each day of the week, a different subject will be given priority to schedule students as needed for academic intervention, usually consisting of smaller class sizes and specialized intervention strategies

Enrichment Days - Each day of the week, a different subject will be given priority to schedule enrichment opportunities, usually consisting of larger class sizes focused on a particular skill or extension activity.



PRIORITY DAYS

DAY	SUBJECT
MONDAY	SCIENCE
TUESDAY	SOCIAL SCIENCE
WEDNESDAY	ENGLISH
THURSDAY	MATH
FRIDAY	ELECTIVES/PE



RISE PRIORITY DAYS

DAY	SUBJECT
MONDAY	SCIENCE
TUESDAY	SOCIAL SCIENCE
WEDNESDAY	ENGLISH
THURSDAY	MATH
FRIDAY	ELECTIVES/PE

ON WEEKS WITH A MINIMUM DAY

DAY	SUBJECT
MONDAY	SCIENCE/ELECTIVES
TUESDAY	SOCIAL SCIENCE
WEDNESDAY	ENGLISH
THURSDAY	MATH

DURING IREADY TESTING WEEK 1

DAY	SUBJECT
MONDAY	SCIENCE
TUESDAY	SOCIAL SCIENCE
FRIDAY	ELECTIVES/PE

DURING IREADY TESTING WEEK 2

DAY	SUBJECT
MONDAY	ENGLISH
TUESDAY	MATH
FRIDAY	ELECTIVES/PE



RISE ENRICHMENT

Priority Days

RISE ENRICHMENT PRIORITY DAYS

DAY	SUBJECT
MONDAY	SOCIAL SCIENCE
TUESDAY	ENGLISH
WEDNESDAY	MATH
THURSDAY	ELECTIVES/PE
FRIDAY	SCIENCE



RISE ENRICHMENT

Priority Days

RISE ENRICHMENT PRIORITY DAYS

DAY	SUBJECT
MONDAY	SOCIAL SCIENCE
TUESDAY	ENGLISH
WEDNESDAY	MATH
THURSDAY	ELECTIVES/PE
FRIDAY	SCIENCE

ON WEEKS WITH A MINIMUM DAY

DAY	SUBJECT
MONDAY	SOCIAL SCIENCE/PE
TUESDAY	ENGLISH/ELECTIVES
WEDNESDAY	MATH
THURSDAY	SCIENCE

DURING IREADY TESTING WEEK 1

DAY	SUBJECT
MONDAY	SOCIAL SCIENCE
TUESDAY	ENGLISH
FRIDAY	ELECTIVES/PE

DURING IREADY TESTING WEEK 2

DAY	SUBJECT
MONDAY	MATH
TUESDAY	ELECTIVES/PE
FRIDAY	SCIENCE

RISE Student Expectations

1. Sign up for RISE in 5-Star between Thursday - 11:59PM Sunday 6AM
2. Be seated in your RISE class and ready to work when the bell rings. 
3. Be on time with necessary materials. 
4. Be patient while teachers take attendance
5. Follow the teacher's instructions and expectations.
6. **Be productively working the entire time** : Be engaged
Ask for help, Get help on skills, Read silently, Make up tests and absent work

5-STAR STUDENT DIRECTIONS

Log-in to:

<https://5starstudents.com/vistadelmar/login>

****BOOKMARK THIS LINK**

Vista Del Mar Middle School

Enter ID

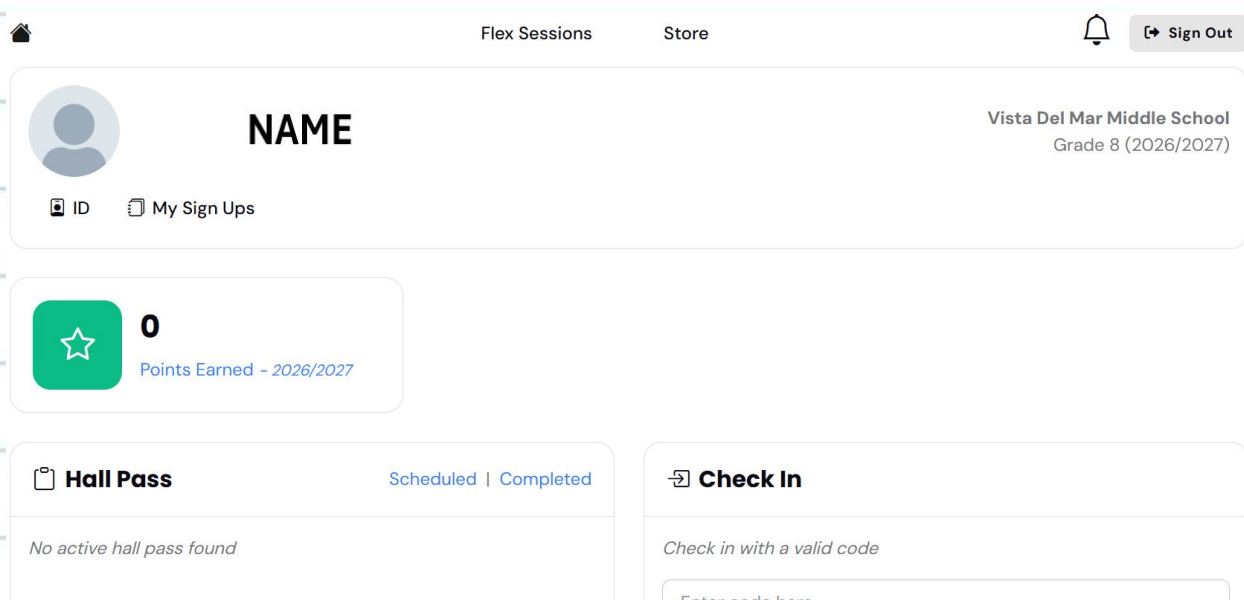
Enter last name

Sign In



Enter Student ID (7 digits) and Last Name

Under your name at the top click on 'My Sign Ups'



The screenshot shows the top navigation bar with a home icon, 'Flex Sessions', 'Store', a bell icon, and a 'Sign Out' button. Below this is a user profile card for 'NAME' at 'Vista Del Mar Middle School, Grade 8 (2026/2027)'. It includes a profile picture placeholder, an 'ID' icon, and a 'My Sign Ups' link. A green box displays '0' points earned for 2026/2027. Below are two sections: 'Hall Pass' (showing 'No active hall pass found') and 'Check In' (with a text input field for a valid code).

Flex Sessions Store

Sign Out

NAME

Vista Del Mar Middle School
Grade 8 (2026/2027)

ID My Sign Ups

0
Points Earned - 2026/2027

Hall Pass Scheduled | Completed

No active hall pass found

Check In

Check in with a valid code

Enter code here



Sign up for classes during the sign up window:
Thursday 6am - Sunday 11:59pm

Sign up for classes from
the right column labeled
'Upcoming Dates'

My Sign Ups

Next 60 days

Adnams, C.

VDM RISE 26-27

Friday - 8/28/2026

Details

✓ Signed up

Clifton, C.

VDM RISE 26-27

Monday - 8/31/2026

English Priority Day

Replace

Details

✓ Signed up

Upcoming Dates

Monday - 8/31/2026

View

Tuesday - 9/1/2026

View

Wednesday - 9/2/2026

View

Thursday - 9/3/2026

View

VDM RISE 26-27

Adnams, C.

Sign ups: 0 of 34

Sign Up

Details

✓ Sign up available

Amoroso, B.

Board Games (NO computers)

Sign ups: 0 of 34

Sign Up

Details

✓ Sign up available

Billy, C.

Sign ups: 0 of 34

Sign Up

Details

✓ Sign up available

BUTLER, P.

Sign ups: 0 of 34

Sign Up

Details

✓ Sign up available

Clifton, C.

Board and Card Games

Sign ups: 0 of 34

Sign Up

Details

✓ Sign up available

Contant, J.

School Newspaper

Sign ups: 0 of 34

Sign Up

Details

✓ Sign up available

McNeill, K.

Sign ups: 1 of 34

Sign Up

Details

✓ Sign up available

Once a class is signed up for,
it will appear in the left column
under 'My Sign Ups'



To replace a class, click
'Replace' from the left
column and choose a
class.

(Note: This option will
only be available during
the Thursday-Sunday
sign up window)



🕒 **Flex Sessions**



My Sign Ups

Next 60 days

Adnams, C.

VDM RISE 26-27

Friday - 8/28/2026

Details

✓ Signed up

Clifton, C.

VDM RISE 26-27

Monday - 8/31/2026

English Priority Day

Replace

Details

✓ Signed up





Vista del Mar - *Making Waves the Mako Way*

5 Star and RISE Time Tutorial Expectation Matrix

Students will...

- Schedule themselves in *5 Star* starting Thursday at 6am until Sunday at Midnight for all RISE sessions for the upcoming week. There will be no changes allowed thereafter unless initiated by teacher or guidance staff.
- Check *5 Star* daily to verify where they are scheduled to attend
- Sign up for RISE sessions based on needs
- Communicate with teacher when extra help is needed
- Follow all school and classroom behavior expectations
- Work on assignments provided by your RISE teacher
- Arrive on time & remain in class for the duration of RISE - no bathroom, water, or locker breaks (teacher discretion/emergency)
- Regularly monitor Canvas for assignments and grades
- Fulfill consequences assigned within the allotted time for violating RISE expectations



Vista del Mar - *Making Waves the Mako Way*

5 Star and RISE Time Tutorial Expectation Matrix

Parents will...

- Monitor grades and assignments regularly on Canvas
- Review the posted RISE schedule and help remind students to self-schedule in *5 Star* before midnight on Sundays
- Encourage students to attend sessions based on individual needs
- Encourage students to ask for help from teachers
- Communicate with teachers if students are struggling with work at home, consistently spending excessive time on work in a specific class, and/or need extra support
- Support consequences for students that violate RISE expectations

What happens if I choose to not meet all RISE expectations???

You will receive detention for:

- Not signing up for ALL of the next week's RISE sessions
- Not being present in your assigned RISE session

Note:

RISE is a class and tardies will be recorded accordingly