



Introduction to Rhithm

Our district is excited to announce the use of the Rhithm app as a part of our commitment to supporting whole child development. Rhithm will help us better understand each student's learning readiness and respond to their unique needs.

WHAT IS THE RHITHM APP?

The Rhithm app is a daily check-in tool that provides responsive support for students in just 3-5 minutes. Students share how they are feeling mentally, physically, emotionally, socially, and energetically, then engage in brief well-being related activities that are tailored to student needs to help get them ready to learn.

HOW CAN I ACCESS THE RHITHM APP?

Step 1: Go to <https://portal.rhithm.app/account/login>

Step 2: Click "Sign-in with Rhithm ID"

Step 3: Enter your email address and password

WHEN WILL STUDENTS CHECK-IN TO RHITHM?

HOW SHOULD I BE USING THE RHITHM APP?

WHERE CAN I LEARN MORE?

[Click here](#) to access the Rhithm help center. If you are having any trouble accessing your account, please email support@rhithm.app.