



Daily Bell Schedule

4 x 4

Period 1/2	9:10 AM – 10:41 AM	90 minutes (85 minutes + 6 for HR)
Passing/Brain Break	10:41 AM – 10:49 AM	8 minutes
Period 3/4	10:49 AM – 12:14 PM	85 minutes
Passing/Brain Break	12:14 PM – 12:22 PM	8 minutes
Period 5/6	12:22 PM – 2:17 PM	115 minutes (85 + 30 for lunch)
Virtual Lunch 1:45 PM – 2:15 PM		
Passing/Brain Break	2:17 PM – 2:25 PM	8 minutes
Period 7/8	2:25 PM – 3:50 PM	85 minutes

