

# LOWER SCHOOL DAILY ROUTINES

## Grades K - 4

Monday, Tuesday, Thursday, Friday	
Homeroom	8:30 – 8:40
Block 1	8:40 – 9:50
Fitness/Nutrition Break	9:50 – 10:10
Block 2	10:10 – 11:20
Lunch	11:20 – 12:15
Block 3	12:15 – 1:30
Fitness/Nutrition Break	1:30 – 1:50
Block 4	1:50 – 2:35
Block 5	2:35 – 3:30
Dismissal	3:30

Wednesday Routine	
Block 1	8:30 – 9:30
Fitness/Nutrition Break	9:30 – 10:00
Block 2	10:00 – 11:20
Lunch	11:20 – 12:15
Block 3	12:15 – 1:30
Fitness/Nutrition Break	1:30 – 1:50
Block 4	1:50 – 2:35
Block 5	2:35 – 3:30
Dismissal	3:30

### \*Special Days (for K-4 students)

Monday Assembly	1:50 – 2:35
Tuesday Advisory Time	1:50 – 2:35
Thursday – Tutorial	2:15 – 3:15
Friday – Chapel	8:05 – 8:30

## Grades 5 - 8

Monday, Tuesday, Thursday, Friday	
Breakfast	7:00 – 7:55
Homeroom	8:05 – 8:15*
Block 1	8:35 – 9:50
Fitness/Nutrition Break	9:50 – 10:10
Block 2	10:10 – 11:25
Lunch	11:25 – 12:15
Block 3	12:15 – 1:30
Block 4	1:35 – 2:35
Sports/Activities	2:50 – 4:00

Wednesday Routine	
Breakfast	7:00 – 7:55
Homeroom	8:05 – 8:10
Block 1	8:15 – 9:30
Fitness/Nutrition Break	9:30 – 9:50
Block 2	9:50 – 11:05
Lunch	11:05 – 11:50
Block 3	11:50 – 1:05
Block 4	1:10 – 2:35
Sports/Activities	2:50 – 4:00

### \*Special Days (for 5-8 students)

Monday Assembly	8:15 – 8:35
Tuesday Advisory Time	8:15 – 8:35
Thursday – Tutorial	8:10 – 8:35
Friday – Chapel	8:05 – 8:35