

Ridley College Upper School Schedule - The Balanced Day - 2011-2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CAS ¹ 6:30-8:00	CAS 6:30-8:00	Breakfast 8:00-9:00	Meetings ⁶ 8:15-9:15 (rotation of Full Faculty, Department, & House Teams)	CAS 6:30-8:00	CAS 6:30-8:00	CAS ⁷ 6:30-8:00
Breakfast ² 7:00-8:15	Breakfast 7:00-8:15		Assembly 8:25-8:40	Breakfast 7:00-8:15	Breakfast 7:00-8:15	Breakfast 7:00-8:15
Chapel 8:25-8:40	Chapel 8:25-8:40					Breakfast 9:00-9:30
Period 1 8:45-10:00	Period 1 8:45-10:00	Period 1 9:30-10:20	Period 1 8:45-10:00	Period 1 8:45-10:00	Period 1 8:30-10:00	Detentions 9:15-11:15
Nutrition 10:00-10:15	Nutrition 10:00-10:15	Period 2 10:25-11:15	Nutrition 10:00-10:15	Nutrition 10:00-10:15	Nutrition 10:00-10:15	
Period 2 10:15-11:30	Period 2 10:15-11:30	Common Lunch 11:15-12:15	Period 2 10:15-11:30	Period 2 10:15-11:30	CAS 10:15-11:45	Brunch 11:30-1:00
Common Lunch ³ 11:30-12:30	Common Lunch 11:30-12:30	Period 3 12:15-1:05	Common Lunch 11:30-12:30	Common Lunch 11:30-12:30	Lunch 11:30-1:00	
Period 3 12:30-1:45	Period 3 12:30-1:45	Period 4 1:10-2:00	Period 3 12:30-1:45	Period 3 12:30-1:45	CAS and Special Events 1:00-5:30	Free Time or Residential Life Programmes 1:00-5:30
Advisory/Meetings ⁴ 1:45-2:30	Tutorial 1:45-2:30	Nutrition 2:00-2:15	Tutorial 1:45-2:30	Chapel 1:45-2:30		
Period 4 2:30-3:45	Period 4 2:30-3:45	CAS 2:15-5:15	Period 4 2:30-3:45	Period 4 2:30-3:45		
Nutrition 3:45-4:00	Nutrition 3:45-4:00		Nutrition 3:45-4:00	Nutrition 3:45-4:00		
CAS 4:15-6:30	CAS 4:15-6:30		CAS 4:15-6:30	CAS 4:15-6:30		
Dinner 5:15-7:15	Dinner 5:15-7:15	Dinner 5:15-7:15	Dinner 5:15-7:15	Dinner 5:15-7:15	Dinner 5:30-7:00	Dinner 5:30-6:30
House Meetings 7:00-7:30						
Evening Study/Tutorial ⁵ 7:30-9:30	Evening Study/Tutorial 7:30-9:30	Evening Study/Tutorial 7:30-9:30	Evening Study/Tutorial 7:30-9:30	Evening Study 7:30-8:30	Special Events	Boarder Curfew (9:30)

Notes:

¹ CAS: Potential for practices for the 4 “major” sports, Fitness Classes for “Arts” student fitness programmes, Band Practices, Musical Practices, etc.	⁵ Advisory/Meetings: HOD’s meet 3 of 4 rotations, Advisory would meet 1 of 4 rotations.
² Breakfast: For the first hour of breakfast, a basic “continental” breakfast could be served that doesn’t require much staffing. This first hour would serve students partaking in physical activity. Meanwhile, the second hour of breakfast would offer the usual menu.	⁶ Meetings: This is a weekly rotation of 4 options: Full Faculty, Department, House, and Advisory breakfast meetings. Advisory breakfast and Monday (1:45 PM) meetings could be scheduled so that Advisors meet bi-weekly with Advisees.
³ Common Lunch: First half = Grade 9/10 students, second half = grade 11/12.	⁷ CAS on Saturday: It may or may not be important to maintain consistency here. Alternatively, we could simply have a later start here – similar to Friday. To be discussed.
⁴ Evening Study/Tutorial: Model for this is still “in committee” with HOD’s.	

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Assumptions:

1. See superscript footnotes previous page.
2. CAS = Creativity, Action, Service;
3. CAS can be anything co-curricular – specific scheduling to be determined. For example, Thursdays would still be the Activity day. And there would be two timeslots built into that portion of the day – 4:15 – 5:15 PM and 5:15 – 6:30 PM.
4. The evening programme remains the same;
5. We will run an eight-day cycle so that the last period of everyday rotates between all 8 periods;

Features of The Balanced Day:

1. Early morning activity is a priority – even on Saturday;
2. Consistency across the week;
3. Start and end times are similar to current schedule;
4. Wednesday has been shortened by 50 minutes (as compared to version 3);
5. Nutritional Balance: Five (5) opportunities for students to “fuel” up for learning and activities (M,T,Th,F). The Nutrition breaks at 10 AM and 3:45 PM will consist of fruit, bread (for toast or PB & J sandwiches), milk, juice, etc. Students can take out what they need. The common lunch will work if we stick to the times – Great hall capacity is 320 students is max (including Mezzanine).
6. Tutorial has been moved back to the middle of the day, and, it has been lengthened by 15 minutes;
7. Friday Chapel has been moved back into the middle of the day. In the case of Chapel, it is likely that we’ll use 1:45 – 1:55 PM for student travel time and choir prep. Then the service would begin at 1:55 -2:25 PM.
8. Intentional and consistent meeting times for various constituent groups on Wednesday AM – Rotation of - Full Faculty, Departments, and House Team meetings – without conflicts;
9. Improved Advisor-Advisee contact times – monthly on Mondays;
10. Saturdays (other than early morning activity), weekends, evenings remain the same.

Block Rotation for Each 8-Day Cycle:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Period								
1	1	5	2	6	3	7	4	8
2	2	6	3	7	4	8	1	5
3	3	7	4	8	1	5	2	6
4	4	8	1	5	2	6	3	7