



### SCHOOL TIMING - Monday, Thursday and Friday

<i>Time</i>	<i>Duration</i>	<i>Activity/Program</i>
07: 55 AM		Reporting of staff and students
08:00 - 08:15 AM	15 minutes	Morning Social Work
08:15 - 08:45 AM	30 minutes	<b>Morning Assembly/Mind training</b>
08:45 - 09:25 AM	40 minutes	1 <sup>st</sup> Period
09:25 - 10:05 AM	40 minutes	2 <sup>nd</sup> Period
10:05 - 10:25 AM	20 minutes	<b>Health Break</b>
10:25 - 11:05 AM	40 minutes	3 <sup>rd</sup> Period
11:05 - 11:45 AM	40 minutes	4 <sup>th</sup> Period
11:45 - 12:25 PM	40 minutes	5 <sup>th</sup> Period
12:25 - 01: 15 PM	50 minutes	<b>Lunch Break</b>
01:15 - 01:55 PM	40 minutes	6 <sup>th</sup> Period
01:55 - 02:35 PM	40 minutes	7 <sup>th</sup> Period
02:35 - 02:50 PM	15 minutes	<b>Health Break</b>
02:50 - 03:30 PM	40 minutes	8 <sup>th</sup> Period
03:30 - 04:00 PM	30 minutes	<b>Evening Prayer</b>



### SCHOOL TIMING - Tuesday

<i>Time</i>	<i>Duration</i>	<i>Activity/Program</i>
07: 55 AM		<i>Reporting of staff and students</i>
08:00 - 08:15 AM	15 minutes	<i>Morning Social Work</i>
08:15 - 09:25 AM	70 minutes	<b>Zero Period for Reading</b>
09:25 - 10:00 AM	35 minutes	<i>1st Period</i>
10:00 - 10:35 AM	35 minutes	<i>2nd Period</i>
10:35 - 10:55AM	20 minutes	<b>Health Break</b>
10:55 - 11:30 AM	35 minutes	<i>3rd Period</i>
11:30 - 12:05 AM	35 minutes	<i>4th Period</i>
12:05 - 12:40 PM	35 minutes	<i>5th Period</i>
12:40 - 01:30 PM	50 minutes	<b>Lunch Break</b>
01:30 - 02:05 PM	35 minutes	<i>6th Period</i>
02:05 - 02:40 PM	35 minutes	<i>7th Period</i>
02:40 - 02:55 PM	15 minutes	<b>Health Break</b>
02:55 - 03:30 PM	35 minutes	<i>8th Period</i>
03:30 - 04:00 PM	30 minutes	<b>Evening Prayer</b>

N.B. Five minutes from each period is deducted to create zero periods to carry out reading on Tuesdays. The Reading Program In-charges and the School Librarian shall record the books read by the students.



### SCHOOL TIMING - Wednesday

<i>Time</i>	<i>Duration</i>	<i>Activity/Program</i>
07: 55 AM		Reporting of staff and students
08:00 - 08:15 AM	15 minutes	Morning Social Work
08:15 - 08:45 AM	30 minutes	<b>Morning Assembly/Meditation</b>
08:45 - 09:20 AM	35 minutes	1 <sup>st</sup> Period
09:20 - 09:55 AM	35 minutes	2 <sup>nd</sup> Period
09:55 - 10:30 AM	35 minutes	3 <sup>rd</sup> Period
10:30 - 10:50 AM	20 minutes	<b>Health Break</b>
10:50 - 11:25 AM	35 minutes	4 <sup>th</sup> Period
11:25 - 12:00 PM	35 minutes	5 <sup>th</sup> Period
12:00 - 12:35 PM	35 minutes	6 <sup>th</sup> Period
12:35 - 01:25 PM	50 minutes	<b>Lunch Break</b>
01:25 - 02:00 PM	35 minutes	7 <sup>th</sup> Period
02:00 - 02:35 PM	35 minutes	8 <sup>th</sup> Period
02:35 - 04:00 PM	85 minutes	<b>Club Activities</b>

N.B. Five minutes from each period is deducted to carry out the club activities on Wednesdays. All club advisors are responsible to carry out the club activities as per the plan and submit report to the Non Academic Head.

