

	Division 3 & 4		
	SHS BELL TIMES	DURATION	PERIOD
	8:30 - 9:59	89 mins	BLOCK 1 (includes O Canada and announcements)
	9:59 - 10:03	4 mins	Transition
	10:03 - 11:28	85 mins	BLOCK 2
	11:28 - 11:52	24 mins	Lunch
	11:52 - 12:16	24 mins	Lunch
	12:16 - 1:41	85 mins	BLOCK 3
	1:41 - 1:45	4 mins	Transition
	1:45 - 3:10	85 mins	BLOCK 4
		344 mins	1003.33 hours of instruction/year
	Division 1 & 2		
	SHS BELL TIMES	DURATION	PERIOD
	8:30 - 9:14	44 mins	PERIOD 1 (includes O Canada and announcements)
	9:14 - 9:55	41 mins	PERIOD 2
	9:55 - 10:10	15 mins	Recess
	10:10 - 10:49	39 mins	PERIOD 3
	10:49 - 11:28	39 mins	PERIOD 4
	11:28 - 11:52	24 mins	Lunch
	11:52 - 12:16	24 mins	Lunch
	12:21 - 1:03	42 mins	PERIOD 5
	1:03 - 1:45	42 mins	PERIOD 6
	1:45 - 2:27	42 mins	PERIOD 7
	2:27 - 3:10	43 mins	PERIOD 8
		332 mins	968.33 hours of instruction/year