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| **9:00 –****10:10**  | **Block 1****70 minutes****In-class** |  |
| **10:10 -10:25** | **Grade 7****Recess****15 Minutes** | **Grade 8s in class** |
| **10:30 – 10:45** | **Grade 8 Recess****15 minutes** | **Grade 7s in class** |
| **10:45 – 11:40** | **Block 2****80 Minutes** **In-class** |  |
| **11:40 – 12:40** | **Lunch** | **Grade 7s – outside 11:40 -12:00****Grade 8s – outside 12:20 - 12:40** |
| **12:40 – 3:00** | **Block 3****140 minutes** | **Teachers are encouraged to take students outside for a movement break; teacher remains with class****Staggered dismissal** |