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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** |