



## La journée équilibrée/Balanced School Day

We are now on a Balanced School Day/Journée équilibrée. This does not change start and end times to our day. Benefits of the balanced school day are: a longer block of time for nutrition, clubs and other activities as opposed to the traditional school day. It also provides fewer transitions and breaks in instructional time. This model, which is followed by all Early Years schools in Seven Oaks, is also helping to stagger recesses as part of our Safe Return plan.

*8h55: 1e cloche/First bell (All students are met by their teachers at their designated door)*

*9h00: École commence/Classes begin*

*10h40 à 11h15: Nutrition/Récré (Groupe A eats first, Groupe B goes outside first)*

*11h15 à 12h50: Classes*

*12h50 à 13h45: Nutrition/Récré (Groupe A eats first, Groupe B goes outside first)*

*13h45 à 15h20: Classes*

*15h20: 1e cloche/First bell (Bus students beginning preparing for bus lines)*

*15h30: 2e cloche/Second bell (All other students are dismissed by teachers at their designated door)*