

ALKI MIDDLE SCHOOL NEWSLETTER

www.alki/vansd.org



WHERE OUR LEGACY IS VALUING EVERY STUDENT

AUG./SEPT. 2023

Greetings Alki families!

Welcome to the 2023-24 school year! I hope you all have had a restful fun filled relaxing summer and are ready to return to school. Though it seems like yesterday we ended the school year, I am ready to be back and I am excited to begin my fourth year as principal at Alki.

As a principal, I have 2 main goals that everything we do must align to: 1. **Create a positive and caring culture that is safe and conducive to learning, and 2. Ensure high levels of learning for every student every day.** Despite the ever changing systems for how we do school (Synergy, ParentSquare, and the like!), I pledge to you I will provide the vision and the support to our school to ensure we are pursuing these two goals with focus and commitment.

As teachers, we are here to support students in attaining the skills and knowledge they need to be successful 21st century citizens. As parents, you want to support your children to be the best they can be and to find success in whatever they decide they want to do. Working together to engage students in a way that creates opportunity for them to think more deeply, learn more fully, and prepare for life beyond middle school is something we all have to work on together. Let's work together to make sure YOUR child achieves at the highest level possible this school year.

Valuing EVERY student,

Mark Cain
Principal, Alki MS

General information to help with getting started:

COVID Protocols: We do not have any updates to report on protocols we must follow in schools this fall. We believe they will be similar to what we ended the school year with. Should that change, we will let you know. The main thing about Covid continues to be, if your child is showing symptoms of being sick, please keep them home.

Schedules: Schedules will hopefully be available in Synergy by Aug 23rd. The transition from Skyward to Synergy is a work in progress, so we are currently learning how to get the master schedule updated and current. Our counselors are hard at work trying to clean it all up and ensure it is accurate by Back to School Night on August 23rd. Please remember, all class assignments are tentative and based on current enrollment projections from last spring. It is always difficult to predict our exact enrollment. We will inform you at the earliest possible moment should we need to make adjustments. Paper copies of student schedules will be available at Back to School Night, and on the first day of school as well.

Staff Changes: We are very fortunate NOT to have a lot of staff changes, but please welcome these new team members to the Alki family:

- Alyssa Alvord, Associate Principal

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- Julia Fonk, Psychologist
- Shelby Ortiz (Gill)- Psychologist
- Rob Harsch- Instructional Coach
- Sarah Huberty- Mental Health Therapist

Back to School Night: We are planning to hold our annual Back to School Night this year, and we are excited to welcome everyone back to find their classrooms and meet their teachers before the first day of school. **Back to School Night will be held on Wednesday, August 23rd from 5:00-6:00.** Teachers will be in their classrooms to meet and greet students as they follow their schedules to find their classrooms.

- There will be information tables in the great hall where you can get more information from PTSA, the Nurse, the Business Office and more
- Counselors will have paper copies of student schedules out in front of the cafeteria. We hope you will have access to them in Synergy before then, but we are not sure about that yet.
- The purpose of this night is to meet teachers and find classrooms, and it will go pretty quick.

6th Grade Kick Off: We are excited to welcome our incoming 6th grade students to come to school on Tuesday, August 29th for a day of school by themselves. The purpose of this day is to give our new students an opportunity to go through their school day, find their classes, meet their teachers and do some community building without the older students present. Breakfast, lunch, and transportation will be provided. The day will start at 9:20 and end at 3:50, which is our normal start and end time this year. Upon arrival, all 6th grade students will meet in the cafeteria for a brief introduction assembly, and then they will go with their first period teacher to class to start the day. This is an optional opportunity, but I hope you will plan to have your 6th grade student attend on August 29th to get the "kick off" to school.

****If you have a 7th or 8th grade student who is new to the school, Back to School night will be a great opportunity to find classes and meet teachers. If you would like more of an orientation or introduction to the school, please contact your grade level counselor (8th- Ryan Wagoner, 7th- Patti Kelly).**

First day of school: The first day of school for all students is Wednesday, August 30th. Upon arrival, students can get a copy of their schedule out front. If eating breakfast, the cafeteria will open for that at 9:00. Doors open at 9:15 for students to go to their first period class. We are excited to see EVERYONE show up the first day!

Bus Information: The district is actively working on creating new bus routes. Once available they will be posted on the district [website](#). We hope to have them available at Back to School Night as well. We recommend students ride the bus in the morning on the first day so they know their stop and bus number to go home. It is also a great start to meeting their driver and learning the routines for bus riding. It is helpful that your student knows their address, so please practice with that information prior to the first day of school.

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First Day Packets: We will be sending home a First Day Packet for parents to go over that includes all of the forms that need to be filled out, signed, and sent back to school. The **required forms** are the The Alki School/Family Compact, the 23-24 Education Benefits form (which can be completed online instead) and for **6th grade students only**- the Attendance Agreement. Please go over these forms the first day and return them to school on Thursday to ensure the school has all the information we need regarding your child.

School Hours: 9:20-3:50 on Tuesday-Friday. Mondays we have an early release so teachers have dedicated time for collaboration. School hours on Mondays are 9:20-2:50. Breakfast is provided starting at 9:00 daily in the cafeteria.

Breakfast and Lunch: Again this year, Vancouver Public Schools has obtained a grant to offer breakfast and lunch to any student who wants it free of charge. Should students arrive too late to have time to eat breakfast in the cafeteria, we will have a "breakfast after the bell" opportunity for them to grab breakfast and go to class to eat it.

Transportation: Parents bringing your child to school: Please see the PARKING LOT information sheet on page 11 of this newsletter. We work very hard to make Alki safe for all students, and drop off and pick up in the parking lot tends to be a place where we need a system to maintain order. Any time you are dropping off or picking up, please **pull forward as far toward the front of the gym as you can**- this will create room for cars to pull into the parking lot from the road and reduce back up. **NEW THIS YEAR, WE ARE GOING TO CREATE A ONE WAY FLOW THROUGH OUR PARKING LOT. ENTER AT EAST ENTRANCE (CLOSEST TO SKYVIEW), LEAVE THROUGH CHINOOK DRIVEWAY.** We hope this will alleviate the congestion at the east entrance during pick up in the afternoon. THANK YOU!!

Bikes and Skateboards: We request students on bicycles walk their bikes to the bike rack once on campus. There is a rack in front of the South House near the basketball courts, and one near the bus drop off area in front of the gym. **Skateboards and scooters are not allowed on school grounds in current school board policy.**

PTSA: Our wonderful PTSA does so much for our students at Alki. They provide funding for enhanced learning opportunities, support for classrooms, support for the 8th grade end of year celebration, and more. It would be great to have ALL of our Alki parents and students join the PTSA. Please look for the membership information in the first day packet, or stop by the PTSA info table on Back to School Night! It's a great way to support your student and get involved in the school.

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WELCOME ABOARD!

PLEASE MEET ALYSSA ALVORD, OUR NEW ASSOCIATE PRINCIPAL!

Dear Alki Families,

I am excited to be a part of the Alki family and eager to kick off the 23-24 school year. My name is Alyssa Alvord, I will be your new associate principal. Some of you may recognize me from Salmon Creek Elementary School where I was the associate principal for four years before I transitioned to middle school.

I am entering my sixth year as an associate principal and seventeenth year in education. I graduated from Oregon State University with my bachelors degree, Go Beavers! I received my Master's degree from Concordia University. I have been blessed with a wide range of experiences in my career from classroom teacher, behavior specialist, reading specialist and an instructional coach before moving into leadership. No matter what position in education I have had, one thing remains constant, I love working with children, teachers, families and the greater community.

When I am not working I enjoy spending time with my husband (Brett) and two daughters (Annika & Britta). We stay busy with the kids' activities but in our downtime enjoy traveling. This summer we visited 5 National Parks!

Please come say hi to me when you see me. I look forward getting to know all of you and can't wait to be a part of your child's education journey.

Sincerely,
Alyssa Alvord



to

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ALKI MIDDLE SCHOOL MISSION STATEMENT:

AUG./SEPT. 2023

Striving to create a learning environment that empowers every student by providing engaging academic programs and positive social experiences for all

Mark Cain - Principal
Alyssa Alvord - Associate Principal
Scott Sartorius - Athletic Director



DATES TO REMEMBER:

- **Aug. 23rd** - Back to School Night
5:00 - 6:00 pm
- **Aug 23rd** - Fall sports practices begin
- **Aug. 29th** - 6th Grade Kick-Off
- **Aug. 30th** - First day of school
- **Sept 1st** - Last day to register for Fall sports
- **Sept. 4th** - Labor Day- No School
- **Sept 7th** - Parent Tech Night 6pm
- **Sept. 14th**- Picture Day
- **Sept. 21st** - Curriculum Night - 6:00 - 7:30 pm

All Monday's from Sept. 11th through May 20th will be a one hour early release. School will end at 2:50 pm

Our Office Staff is always ready to serve you!

Fawn McKay - Secretary
Kelly Newcomb - Registrar

OFFICE HOURS:
8:30 am - 4:30 pm - NEW!

Main Office - 313-3200

Fax - 313-3201

Jennifer Stelter - Attendance
AlkiAttendance@vansd.org
313-3220

BUSINESS OFFICE HOURS:
8:30 am - 3:30 pm

Erin Redd - Business Office
313-3210

Please try to keep phone calls and items dropped off to a minimum. With the exception of urgently needed items, we will only call students down before lunch and at the end of the school day. This prevents classroom interruptions for optimal student learning. Commercial deliveries (such as balloons, flowers or Door Dash) are not allowed. Thank you for your help!

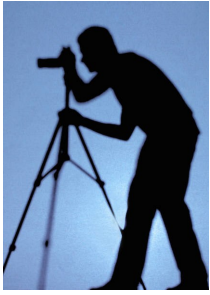
Back to School Night August 23rd, 2023

All students and their parents are invited to attend our Back to School Night on Wednesday, August 23rd from 5:00-6:00 pm. Teachers will be at their classroom doors to meet and greet students as they follow their schedules to find their classrooms and tour the building. The Front office and Business office will also be open during this time. **Schedules will be available in Synergy no later than August 23rd. We will also have copies available at the event.**



BUS SCHEDULES

Bus route information will be available soon on the Vancouver School District website: <https://vansd.org/buses/>



SCHOOL PICTURES:

Picture day is Wednesday, **Sept. 14th**. All students will have their photo taken for the yearbook, ID Card and a variety of picture packets for you to purchase. Price information will be sent home with the students prior to picture day.

NEW SCHOOL HOURS: 9:20am-3:50pm

Doors will open at 9am for breakfast

SCHOOL FEES—**UPDATED!**

ASB Fee—**\$15** (required to participate in sports or any clubs)

Athletic Fee (per Sport) - **\$25**

Yearbook—\$25. - sale ends on January 12th, 2024

Parents may pay on-line with a debit/credit card on the Alki website at <https://alki.vansd.org/business-office/>.

ATTENTION VOLUNTEERS—

Have you been thinking about volunteering at one of our district schools? The district has now made the process very easy! Go to <https://vansd.org/volunteer/> and follow the instructions from there. Volunteer clearance is good for two years. Washington residents can take as little as 5 minutes up to 48 hours and Oregon residents can take up to 12 weeks to receive clearance back! Please make sure to apply ASAP if you are interested in volunteering or attending a field trip with your student this school year.

IMPORTANT TDAP BOOSTER FOR ALL STUDENTS IN 7TH & 8TH GRADE

Students must be fully immunized **prior to** the first day of school which is Wednesday, August 30th. As a reminder, a TDAP booster dose is required for all students in grades 7 & 8. For students in 7th and 8th grade, TDAP dose is acceptable if given on or after 10 years age.

Please submit medically verified immunization records to our school Nurse, Joy Feltz or our school Registrar, Kelly Newcomb. You may bring them to the office or send them or via email - joy.feltz@vansd.org or kelly.newcomb@vansd.org. **Please submit these documents by August 29th.**

Students who are out of compliance will not be allowed to attend school and will be withdrawn until their vaccinations are up to date.

SOCIAL MEDIA INFO!



Alki Facebook:

[https://
www.facebook.com/
AlkiWolves/](https://www.facebook.com/AlkiWolves/)

Alki PTSA Facebook:

[@AlkiWolvesPTSA](#)



Alki PTSA Instagram:

[@AlkiWolvesPTSA](#)

6th Grade Kick Off!

6th grade students are welcome to attend school on August 29th. This will be a full school day schedule for students only. They will have the opportunity to learn their schedule and get familiar with the building with less students present. This is completely optional but highly recommended. Breakfast and lunch will be provided.

Visit [https://
vansd.org/meals/](https://vansd.org/meals/)
for our breakfast
and lunch menu.



PARENT TECH NIGHT

Join us **September 7th at 6pm** for our first **Parent Tech Night!** You will learn about programs and apps such as **Synergy, ParentSquare and Canvas!**

CURRICULUM NIGHT

Please join us on **September 21st** from 6-7:30p for Curriculum Night! You will follow your student's schedule as you meet the Teachers and find out what your child will be learning this year! Hope you can join us!



MAKE SCHOOL COUNT: ATTENDANCE MATTERS, YOU MATTER

Attending school regularly helps children feel better about school and themselves. Building this habit starts with the first day of school so they can learn right away that arriving at school on time, every day, is important. Good attendance is critical to school success. The parent is expected to notify the school of the reason for the absence within three (3) school days.

To excuse an absence at Alki Middle School:

- A written note by Parent/Guardian stating the date(s) and reason for the absence.
- Call the attendance line at 360-313-3220
- E-mail Attendance Clerk at AlkiAttendance@vansd.org
- Synergy ParentVue request for student absence

Absences can be excused for the following reasons:

- Illness (a doctor's note is required after 5 absences)
- Health care appointments (as much as possible, try to schedule these outside the school day)
- Emergencies
- Religious activity
- Pre-arranged approved activity (family vacations **must** be pre-arranged to be excused)
- Family Related

All absences, whether excused or unexcused, become a problem for student success. At five unexcused absences within the school year, the "Unexcused Absence Report and Agreement" begins. Ten or more unexcused absences within the school year will result in the school district enforcing the compulsory school attendance law through truancy court. After 20 consecutive unexcused absences your student will be withdrawn.

When picking up your student from school it is required by VPS to have your ID ready and you must be on the student's approved pick up list.

Parents can now "Request an Absence" for their student. This can be done through Synergy ParentVue.

****Notice****

Due to the importance of student's academic class time and school safety, students will not be excused from class until Parent/Guardian is in the office to sign them out.

Please review Alki's Tardy Policy:

- * 1st Tardy - Verbal warning
- * 2nd Tardy - Written warning sent home with student and parent is notified by teacher
- * 3rd Tardy - Written warning sent home and lunch detention assigned by teacher
- * 4th Tardy - Referral to the office for his/her total and discipline will be assigned. Parent is contacted by Administrator.
- * 5th Tardy - Referral to the office for further discipline. Parent is contacted by Administrator.

Alki Fall Athletics

Practices for the upcoming fall athletic season will start on Wednesday, August 23rd, see below for details. On the first day of practice students should report to the gym and enter the school through the doors nearest the gym on the south side of the building. Students absolutely cannot practice until they are completely cleared through our Business Office, this includes forms that the athlete needs to electronically sign in order to complete the registration process. There will not be practice on game days, and schedules for competitions will not be available until September 6th.

Fall sports include:

8th grade girls' volleyball: Head Coach: Julie McCloud (julie.mccloud@vansd.org)

Practices:

August 23rd: 6:15-7:30 pm

August 24th: 4:00-5:30 pm

August 25th: 4:00-5:30 pm

August 28th – October 13th: 4:00-5:30 pm

*8th Grade Varsity Volleyball will move to morning practice from 7:15-8:45 am beginning Thursday, August 31st

7th grade girls' volleyball: Head Coach: Alicia Cast (alicia.cast@vansd.org)

Practices:

August 23rd: 6:15-7:30 pm

August 24th: 4:00-5:30 pm

August 25th: 4:00-5:30 pm

August 28th – October 13th: 4:00-5:30 pm

Cross Country (open to 6th, 7th and 8th grade boys and girls):

Head Coaches: Boys = Shawn Stipic (shawn.stipic@vansd.org) and Girls = Kevin Williams (kevin.williams@vansd.org)

Practices:

August 23rd: 4:00-5:00 pm

August 24th: 4:00-5:15 pm

August 25th: 4:00-5:15 pm

August 28th – October 13th: 4:00-5:15 pm

Flag Football (open to 6th and 7th grade boys and girls): Head Coach: Aaron Lane (aaron.lane@vansd.org)

Practices:

August 23rd: 9:00-10:30 am

August 24th: 9:00-10:30 am

August 25th: 9:00-10:30 am

August 28th – 9:00-10:30 am

August 29th – October 13th: 4:00-5:30 pm

Tackle Football (open to 8th grade boys and girls): Head Coach: Don Buss (donald.buss@vansd.org)

Practices:

August 23rd: 4:00-5:00 pm

August 24th: 4:00-5:30 pm

August 25th: No Practice

August 28th – October 17th: 4:00-5:30 pm

Registration for fall sports opened on August 1. Please plan to get your athlete cleared early. It tends to get busy as we get closer to practices starting. In order to get started with clearance, please navigate to: <https://vancouver-wa.finalforms.com/>. You will need to open an account with Final Forms if you do not have one already. All athletic fees can be paid directly in Final Forms. Note that a current physical is required.

All middle school sports are "no cut"-- Everyone makes a team and participates equally. We're excited to get the fall sports season going. Please reach out to Erin Redd (erin.redd@vansd.org) in our Business Office or our Athletic Director, Scott Sartorius (scott.sartorius@vansd.org) with any questions.

JOYFUL NOTES FROM YOUR SCHOOL NURSE



Welcome to the 2023-2024 school year!

I am here to promote health and safety for all students. If your child is new to Alki or has a new health condition, please be sure to notify me ASAP so they can best be served and attend school.

Health plans/emergency plans will be written for students with health conditions that may require assistance from the nurse or school staff.

If your student has a health plan on file. Please be sure to review and update the health plan you received. Review, update, sign and return health plans to the school.

Your student's authorization for medication at school (from the doctor), medications and health plans must be turned in to school prior to the first day of school (Wed 8/30/23). Please be sure that medication forms are signed by both the health care provider and you. Medications may NOT be accepted without complete documentation. Medications must be in a properly labeled prescription container.

If your student has a life-threatening condition (anaphylaxis, seizures, diabetes, bleeding disorders, asthma, etc...) and we have not received complete paperwork or medication, they will not be able to start school..

Please contact me if you have any questions or concerns.

Respectfully,
Joy Feltz, MSHS, BSN, RN
Alki Middle School Nurse
Phone: 360.313.3207
Fax: 360.313.3201



Free meals will be available to all K-12 students again this year! Meal payments online or by cash or check will not be collected by schools.

Free or reduced-price meal applications will not be collected this year. We do ask that **all** of our families complete the Education Benefits form . This form provides your child's school a way to collect household income information. This information makes sure your child's school receives the full amount of federal and state funding and makes sure your child receives services they are entitled to when free/reduced price applications are not collected.

The 23-24 Education Benefits form can be completed online at www.familyincomesurvey.com or a paper version will be included in first day packets. You can also obtain a copy in the school office. Please complete the survey online or return completed paper surveys to the school office by October 1st.

Parents and guardians need to complete only one survey for all school-aged children in their household. For further Information, please call 360-313-1190 or email nutrition.services@vansd.org.

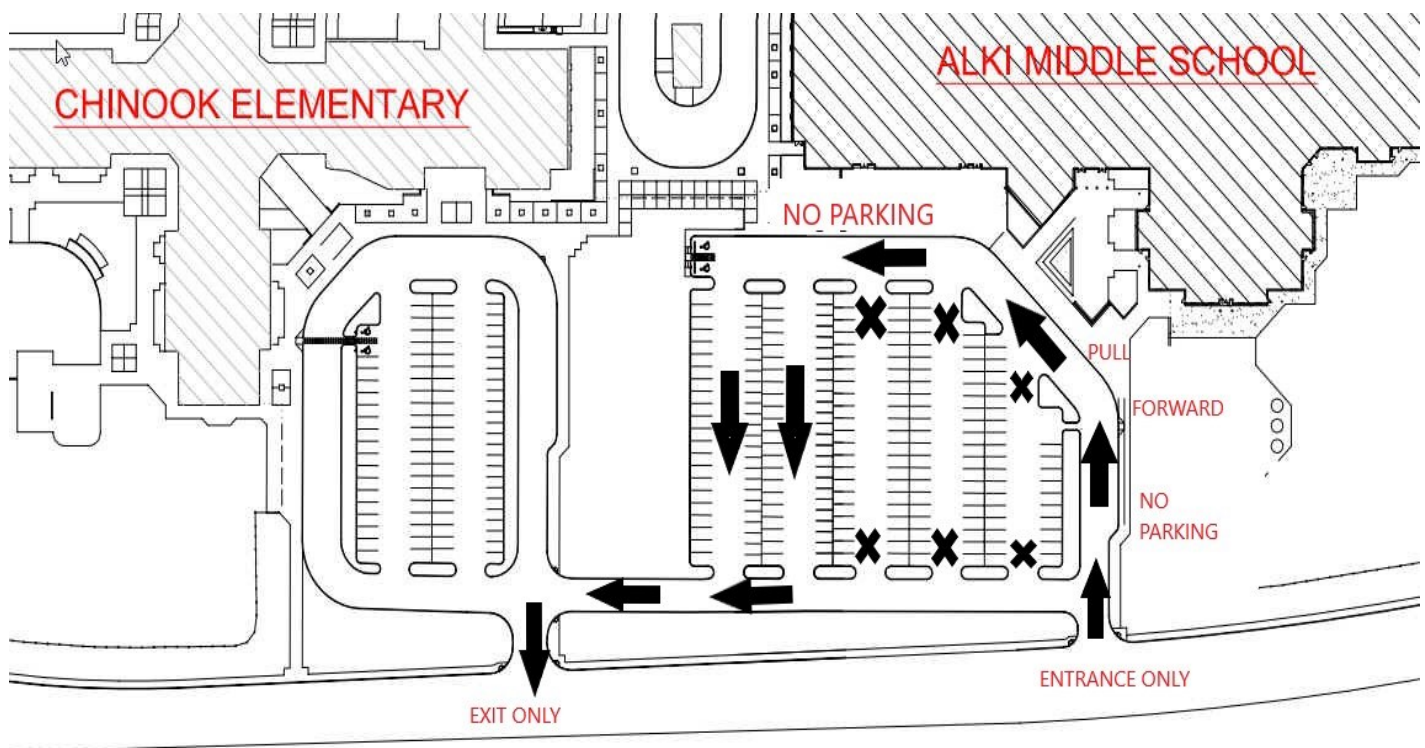
NEW PARKING LOT SAFETY- Parent Drop off and Pick-up

Dear Alki Families:

In order to minimize hazards to students we are asking drivers to follow these procedures to ensure a safe pick up and drop off in the Alki parking lot:

- Pick up time in the afternoon is 3:50p-4:00p
- Please only travel east to west in the driveway when picking up and dropping off, then turn left to head south toward the Chinook exit. The Alki driveway will be ENTRANCE ONLY during morning drop off and afternoon pick up. Please exit through the Chinook driveway.
- Pull as far forward as possible and continue doing so as cars pull out. We will be asking students to wait further west on the sidewalk rather than in front of the office.
- Form ONE line next to the curb when waiting in your car. Do not stop in the middle of the driveway to pick up or drop off your student.
- Remain in your car unless you are parked in a parking space
- Please find a parking space if there is no room along the curb. Students will be asked to use the cross walks to get to the parking area.
- Do not park or stop your car in front of any ORANGE CONES.

Please be aware that school zone traffic laws are in effect all year. Watch for the yellow flashing light and remember to slow down—20 miles per hour—and stop at crosswalks whenever students are present. Use caution when entering and parking in the Alki parking lot.



ALKI MIDDLE SCHOOL SCHOOL SUPPLY LIST –2023-2024

Back Pack (No sports bags please)

Colored Folders-

Green- Science

Blue- Social Studies

Yellow- English

Red- Math

Designer-student's choice - Elective

Designer-student's choice - Band

3 holed College ruled paper, white, loose leaf

#2 pencils (3 or 4 packages)

Ruler with inches and cm.

Composition Notebooks –100 sheets/200 pages – college ruled (one for each class - All Math*, All English, All Science, Spanish 1A)

*Quad ruled composition notebook (Algebra & Math I)

1 Spiral Notebook (6th Grade Only)

Pencil Sharpener with container

1 set of colored pencils

2 or 3 erasable pens (Blue or Black)

Eraser, Pink Pearl

Glue stick (for paper) or white glue

Ear Buds (Wired not Bluetooth)

Highlighters- yellow, pink, green, blue

Kleenex - give to your 1st period Teacher

Hand Sanitizer

Scissors – 5"

1" black binder (with clear plastic views on front and back) – Orchestra and Choir

7th/8th Grade

Graph Paper and Scientific Calculator Options

Art Students – These Art supplies will be kept in the Art room in a box that is provided for you.

#2 pencils

Large White Polymer Eraser

Colored Pencils – 24 pack

Pencil Sharpener with container

1 Black Ultra Fine Sharpie

1 Black Fine Sharpie

Donations of pens, paper reams and Kleenex gladly accepted. Please drop off at the office.

*If you need financial assistance, funds are available. Please call our office at 313-3200

Alki Middle School PTSA 3.7.86



MESSAGE FROM THE ALKI PTSA:

Alki Spirit Wear will be available to purchase August 22nd-Sept 13th. Keep an eye out for an email with the link to purchase!

Please visit www.AlkiMiddleSchoolPTSA.com for links to our Facebook page, Instagram page and our Venmo or scan the QR code below!





NEW BELL SCHEDULE FOR 23-24

MONDAY

| Period | Start | End | |
|---------------------------------|--------------|--------------|-----------|
| Warning Bell | 9:15 | | |
| 2nd Step Time | 9:20 | 9:45 | 25 |
| Period 1 | 9:45 | 10:22 | 37 |
| Period 2 | 10:25 | 11:01 | 36 |
| Period 3 | 11:04 | 11:40 | 36 |
| 1st Lunch (6th & 7th) | 11:43 | 12:13 | 30 |
| Period 4 (1st lunch) | 12:16 | 12:52 | 36 |
| Period 4 (2nd Lunch) | 11:43 | 12:19 | 36 |
| 2nd Lunch (7th & 8th) | 12:22 | 12:52 | 30 |
| Period 5 | 12:55 | 1:31 | 36 |
| Period 6 | 1:34 | 2:10 | 36 |
| Period 7 | 2:13 | 2:50 | 37 |

TUESDAY - FRIDAY

| Period | Start | End | |
|---------------------------------|--------------|--------------|-----------|
| Warning Bell | 9:15 | | |
| | | | |
| Period 1 | 9:20 | 10:10 | 50 |
| Period 2 | 10:13 | 11:01 | 48 |
| Period 3 | 11:04 | 11:52 | 48 |
| 1st Lunch (6th & 7th) | 11:55 | 12:25 | 30 |
| Period 4 (1st lunch) | 12:28 | 1:15 | 47 |
| Period 4 (2nd Lunch) | 11:55 | 12:42 | 47 |
| 2nd Lunch (7th & 8th) | 12:45 | 1:15 | 30 |
| Period 5 | 1:18 | 2:06 | 48 |
| Period 6 | 2:09 | 2:57 | 48 |
| Period 7 | 3:00 | 3:50 | 50 |



2 Hr Early Release

| Period | Start | End | |
|---------------------------------|--------------|--------------|-----------|
| Warning Bell | 9:15 | | |
| | | | |
| Period 1 | 9:20 | 9:52 | 32 |
| Period 2 | 9:55 | 10:27 | 32 |
| Period 3 | 10:30 | 11:02 | 32 |
| 1st Lunch (6th & 7th) | 11:05 | 11:35 | 30 |
| Period 4 (1st lunch) | 11:38 | 12:08 | 30 |
| Period 4 (2nd Lunch) | 11:05 | 11:35 | 30 |
| 2nd Lunch (7th & 8th) | 11:38 | 12:08 | 30 |
| Period 5 | 12:11 | 12:42 | 31 |
| Period 6 | 12:45 | 1:16 | 31 |
| Period 7 | 1:19 | 1:50 | 31 |

2 Hr Late Start

| Period | Start | End | |
|---------------------------------|-------------|-------------|-----------|
| Warning Bell | 11:15 | | |
| | | | |
| Period 1 | 11:20 | 11:52 | 32 |
| Period 2 | 11:55 | 12:27 | 32 |
| Period 3 | 12:30 | 1:02 | 32 |
| 1st Lunch (6th & 7th) | 1:05 | 1:35 | 30 |
| Period 4 (1st lunch) | 1:38 | 2:08 | 30 |
| Period 4 (2nd Lunch) | 1:05 | 1:35 | 30 |
| 2nd Lunch (7th) | 1:38 | 2:08 | 30 |
| Period 5 | 2:11 | 2:42 | 31 |
| Period 6 | 2:45 | 3:16 | 31 |
| Period 7 | 3:19 | 3:50 | 31 |