



GRADE 7 TIMETABLE (2022-23)



HOMEROOM TEACHER

MRS. WANANI

TEL. #

+243824698480

SCHOOL PRINCIPAL

MRS. KHURSHID MUNSHI

EMAIL

MRS. KHURSHID MUNSHI@YAHOO.CA



Times	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:15	Attendance and Assembly				
7:15-7:25	<i>Homeroom- Uniform, activity clothes, journals, & materials control.</i>				
7:25-8:05 Period 1	Sciences	Sciences	Sciences	Sciences	Sciences
8:05-8:45 Period 2	Mathematics	Mathematics	Mathematics	Mathematics	Mathematics
8:45-9:25 Period 3	English	English	English	English	English
9:25-10:05 Period 4	French	French	French	French	French
10:05-10:45 Period 5	Spanish	P.E.	Spanish	P.E.	Spanish
10:45-11:00	LUNCH IN CLASS				
11:00-11:35	RECESS OUTSIDE				
11:40-12:20 Period 6	Individuals & Societies	Life Skills	Individuals & Societies	Life Skills	Individuals & Societies
12:20-1:00 Period 7	Art	Technology	Art	Technology	Art
1:00-1:15 Break	SNACK & CHANGE FOR ACTIVITIES				
TRIMESTER 1	TRIMESTER 1 (Sept 6- Dec 16)				
1:15-1:55 Activity 1	Music	Swim	Music	Swim	Music
1:55-2:35 Activity 2	Karate	P.E or Math/Science	Karate	P.E or Math/Science	Karate
2:35-3:15 Activity 3	Soccer or Language	Soccer	Soccer or Language	Soccer	Soccer or Language
TRIMESTER 2	TRIMESTER 2 (Jan 9-Apr 7)				
1:15-1:55 Activity 1	Karate	P.E	Karate	P.E.	Karate
1:55-2:35 Activity 2	Soccer	Soccer or Math/Science	Soccer	Soccer or Math/Science	Soccer
2:35-3:15 Activity 3	Dance or Language	Arts & Crafts	Dance or Language	Arts & Crafts	Dance or Language
TRIMESTER 3	TRIMESTER 3 (Apr 17-Jun 20)				
1:15-1:55 Activity 1	Music	Show Rehearsal with Homeroom Teacher	Music	Show Rehearsal with Homeroom Teacher	Music
1:55-2:35 Activity 2	Choose Karate or Soccer	Choose P.E. or Art Or Math/Science	Choose Karate or Soccer	Choose P.E. or Art or Math/Science	Choose Karate or Soccer
2:35-3:15 Activity 3	Dance or Language	Swim	Dance or Language	Swim	Dance or Language
3:15-3:30	<i>Homeroom- Uniform, homework & supplies control.</i>				
Pickup times are 3:30 pm sharp on Mondays to Thursdays and 1:00 p.m. on first & last Fridays of each month.					

STUDENT BAG CHECKLIST	
<input type="checkbox"/>	1 extra set of clothes and underwear
<input type="checkbox"/>	FLA activities clothes for after 13:00.
<input type="checkbox"/>	1 packet of tissue
<input type="checkbox"/>	Healthy lunch and snack or
<input type="checkbox"/>	FLA lunch and snack
<input type="checkbox"/>	1 Litre of water in a plastic bottle
<input type="checkbox"/>	Mosquito repellent
<input type="checkbox"/>	Sterimar or any nasal spray with anti-histamine syrup (If allergies exist) during allergy seasons
<input type="checkbox"/>	Hand sanitizer bottle
<input type="checkbox"/>	Wet wipes
<input type="checkbox"/>	Hat/Cap
<input type="checkbox"/>	Waterproof sunblock lotion for swim days
<input type="checkbox"/>	Asthma sufferers - emergency kit labelled and kept in the infirmary
<input type="checkbox"/>	Student journal should be read & signed daily. (Please note to also read Class Dojo daily)
<input type="checkbox"/>	Laptop with MS Office Suite with updated anti-virus (Laptop must be fully charged from home and brought only on Tech days)
<input type="checkbox"/>	1 USB flash disk

IMPORTANT NOTE: ACTIVITIES MAY ONLY BE SELECTED PRIOR TO THE START OF EACH TRIMESTER. LANGUAGE, MATH OR SCIENCE TEACHERS MAY USE THE ACTIVITY PERIODS MENTIONED ABOVE TO GIVE STUDENTS EXTRA REMEDIAL TIME OR HAVE THEM COMPLETE THEIR INCOMPLETE HOMEWORK OR CLASS NOTES.