



# GRADE 7 TIMETABLE 2023-24 (AGES 12-13)

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Grade 7 pick-up times are either; **Option 1 Academic: 15:00, Option 2 Activities: 16:15**  
on Mondays-Thursdays and at **14:15 on first & last Fridays.**

**Late pick up:** Parents have a 15-minute grace period, after which they will be charged \$20/hour if students are picked up later than their scheduled time.

Time/Period	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:25	Homeroom controls and morning Assembly				
7:30-8:30	Mathematics	French	English: Language & Literature	Sciences	Visual Art
8:30-9:30	Mathematics	French	English: Language & Literature	Physical & Health Education	Visual Art
9:30-10:00- Break	Eat snacks, drink water and use the washrooms.				
10:00-11:00	Individuals & Societies	French	English: Language & Literature	Sciences	Internet Safety
11:00-12:00	Mathematics	Physical & Health Education	English: Language & Literature	Sciences	Robotics & IT
12:00-13:00-Lunch	Eat lunch and have recess outside.				
13:00-14:00	Mathematics	Swahili	Swahili	Robotics & IT	Sciences
14:00-15:00	Life Skills	Lifeskills	Individuals & Societies	Business Studies	Business Studies
15:00-15:15	Students change for activities. <b>STUDENTS MUST BRING APPROPRIATE FLA UNIFORMS IN ORDER TO PARTICIPATE IN ACTIVITIES.</b>				
15:15-16:15	Dance	Music	Swim	Soccer	Karate
16:15-16:30	Time to go home!				



## STUDENT BAG CHECKLIST

- 1) 1 extra set of clothes and underwear
- 2) Mosquito repellent
- 3) Hand sanitizer bottle
- 4) 1 packet of tissue
- 5) Wet wipes/Sanitary pads (Girls)/Deodorant in a hygiene case
- 6) Healthy lunch and snack or FLA lunch and snack
- 7) 1.5 Litre of water in a plastic bottle
- 8) FLA Activity and PE clothes in a separate bag. (Students are required to change into their school uniforms immediately after Physical & Health Education Class)
- 9) Hat/Cap
- 10) Waterproof sunblock lotion for swim days
- 11) Asthma/Allergy sufferers - emergency kit labelled and kept in the infirmary
- 12) Student journal should be read & signed daily. (Please note to also read Class Dojo daily)
- 13) Laptop with MS Office Suite with updated anti-virus and 1 USB flash disk (Laptop must be fully charged from home and brought only on Tech days)