



GRADE 7 TIMETABLE 2024-25 (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 **15:15 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	Sciences	Sciences	Sciences	English: Language & Literature	Visual Arts
8:30-9:30	Individuals & Societies	Individuals & Societies	Sciences	English: Language & Literature	Mathematics
9:30-10:00- Break	Eat snacks, drink water and use the washrooms.				
10:00-11:00	French	Mathematics	English: Language & Literature	English: Language & Literature	Mathematics
11:00-12:00	French	Mathematics	English: Language & Literature	Physical & Health Education	French
12:00-12:30- Outdoors	Recess	Recess	Recess	Gardening Project	Recess
12:30-13:00-Lunch	Wash hands and have lunch indoors				
13:00-14:00	Quiet Reading/HW Time	Swahili	Swahili	Business Studies	Business Studies
14:00-15:00	Life Skills	Life Skills	Visual Arts	Robotics & IT	Robotics & IT
15:00-15:15	Option 1 students must leave and go home. OPTION 2 STUDENTS MUST BRING APPROPRIATE FLA UNIFORMS IN ORDER TO PARTICIPATE IN ACTIVITIES.				
15:15-16:15	Dance	Music	Swim	Soccer	Karate
16:15-16:30	Time to go home!				

WHAT SHOULD STUDENTS HAVE DAILY TO PARTICIPATE?

Students should:	Monday	Tuesday	Wednesday <i>FLA Spirit Day</i>	Thursday	Friday
WEAR	FLA School uniform shirt & pants.	FLA School uniform shirt & pants.	Blue jean or blue cotton pants with uniform pagne shirt or FLA polo.	FLA PE Shirt & Shorts with socks & running shoes.	Free Day
BRING IN BAG	Dance T-shirt & shorts		-FLA Swimsuit & goggles with towel & slippers from home.	-FLA School uniform shirt & pants to change into after PE. - Laptop fully charged - FLA Soccer outfit with protective gear from home.	- Laptop fully charged -Art Apron -Karate Kimono (Top, Pants & Belt)



WHAT SHOULD PARENTS SEND DAILY?

- 1) 1 extra set of clothes and underwear
- 2) FLA activities clothes for the day *
- 3) 1 box of tissue to keep in the class
When the stock is nearly finished, the teacher will notify you.
- 4) Healthy lunch and snack or FLA lunch and snack
- 5) Mosquito repellent
- 6) Sterimar or any nasal spray with anti-histamine syrup (If allergies exist) during allergy seasons
- 7) Hand sanitizer bottle
- 8) Wet wipes
- 9) Hat/Cap
- 10) Waterproof sunblock lotion for swim days
- 11) Asthma sufferers should have their emergency kit labelled and kept in the infirmary
- 12) Student journal signed (daily)
- 13) 2 Small towels for hand/face to be sent home weekly for washing
- 14) Water bottle, minimum of 1.5 L
- 15) Laptop with MS Office Suite with updated anti-virus
(Laptop must be fully charged from home and brought only on Tech days)
- 16) 1 USB flash disk
- 17) Sanitary pads (2) for girls menstruating

NOTE: LABEL YOUR CHILD'S NAME ON ALL ITEMS

If you notice that your child has brought home something that doesn't belong to them, we kindly request that you return the item to the school promptly so that it can be reunited with its rightful owner. It is a collective effort to maintain a well-organized and efficient learning environment. Please be aware that FLA cannot assume responsibility for lost uniforms or school items. Our teachers use a uniform control sheet daily to track items brought to school, but students in primary and middle schools are expected to take independent responsibility for their belongings. Please note that the school is not responsible for searching for your child's lost items. We kindly ask that you refrain from calling any staff member to request such searches. Instead, we encourage you to utilize the class group to post your message regarding any lost items. Your cooperation in labeling your child's items and reinforcing the importance of returning found items to school is greatly appreciated.