



GRADE 7 TIMETABLE 2025-26 (AGES 12-13)

HOMEROOM TEACHER	Mr. Bernard NTAMBUE	TEL.# +243 899 992 606	EMAIL: benbernardntambue@gmail.com
VICE PRINCIPAL	Mrs. Nadine K MALEKERA	TEL. # 243 974 846 743	EMAIL: nadmalekera@gmail.com
PRINCIPAL	Mrs. Khurshid MUNSHI	TEL. +243 81 004 7880	EMAIL: mrsmunshi@yahoo.ca

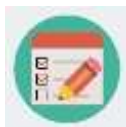
Grade 7 pick-up times; Option 1 Academic: 14:30, Option 2 Activities: 15:30

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
7:00-7:10	Report to homeroom class for bag drop off, attendance and uniform controls.				
7:10-7:25	Line up with your classmates for school wide morning assembly				
7:30-8:10	Mathematics	Life Skills	Physical & Health Education	Sciences	English: Language & Literature
8:10-8:50	Mathematics	Robotics & IT	Mathematics	Sciences	English: Language & Literature
8:50-9:30	Physical & Health Education	Robotics & IT	Mathematics	Sciences	English: Language & Literature
9:30-10:00- Break	Eat snacks, drink water and use the washrooms.				
10:00-10:40	Mathematics	Mathematics	English: Language & Literature	Individuals & Societies	Sciences
10:40-11:20	Mathematics	Mathematics	English: Language & Literature	Individuals & Societies	Sciences
11:20-12:00	Arts & Crafts	Arts & Crafts	English: Language & Literature	French	Sciences
12:00-12:25	Recess Time				Friday- Outdoor Gardening Day
12:30-13:00	Lunch Time Indoors				
13:00-13:45	French	French	Business	Swahili	Life Skills
13:45-14:30	French	French	Business	Swahili	Life Skills
14:30-14:45	Option 1 students go home at 14:30 OPTION 2 STUDENTS MUST BRING APPROPRIATE FLA UNIFORMS IN ORDER TO CHANGE AND PARTICIPATE IN ACTIVITIES.				
14:30-15:30	Dance	Music	Swim	Soccer	Karate
15:30	Option 2 students go home at 15:30				

WHAT SHOULD STUDENTS HAVE DAILY TO PARTICIPATE?

Students should:	Monday	Tuesday	Wednesday <i>FLA Spirit Day</i>	Thursday	Friday
WEAR	FLA PE Shirt & Shorts with socks & running shoes	FLA School uniform shirt & pants	FLA PE Shirt & Shorts with socks & running shoes	FLA School uniform shirt & pants	Home clothes
BRING IN BAG	- FLA School uniform shirt & pants. -Art Apron -Dance T-shirt & shorts	- Fully charged laptop -Art Apron	- Blue jeans with uniform pagne shirt or FLA polo. -FLA Swimsuit & goggles with towel & slippers.	- FLA Soccer outfit with protective gear from home.	-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 antihistamine (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) Sanitary pads (2) for girls menstruating

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 you to 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. You and your child may also visit **Lost and Found** at the pickup station to look for any lost items.