



# Sheridan Park



## THE “BALANCED SCHOOL DAY”

	TIME	
<b>Announcements</b>  <b>BLOCK 1</b>	8:45 - 9:35	<b>PERIOD 1</b>
	9:35 - 10:25	<b>PERIOD 2</b>
	10:25 - 10:45	<b>Nutrition Break</b>
	10:45 - 11:05	<b>Fitness Break</b>
<b>BLOCK 2</b>	11:05 - 11:55	<b>PERIOD 3</b>
	11:55 - 12:45	<b>PERIOD 4</b>
<b>PLEASE NOTE:</b> <i>Students may only go home for Lunch during this Break</i>	12:45 - 1:10	<b>Nutrition Break</b>
	1:10 - 1:35	<b>Fitness Break</b>
<b>BLOCK 3</b>	1:35 - 2:25	<b>PERIOD 5</b>
	2:25 - 3:15	<b>PERIOD 6</b>