

**2022-2023 Alternate Lunch and Break Times**

**Grade 4**

	<b>Time</b>	<b>Minutes</b>
Outside	8:40 - 8:50	10
Homeroom	8:50 - 8:57	7
Period 1	9:00 - 9:40	40
Period 2	9:40 - 10:15	35
Recess	10:15 - 10:30	15
Period 3	10:30 - 11:10	40
Period 4	11:10 - 11:45	35
Period 5	11:45 - 12:25	40
Lunch	12:25 - 12:40	15
Lunch Break	12:45 - 1:20	35
Period 6	1:25 - 2:00	35
Period 7	2:00 - 2:35	35
Recess	2:35 - 2:50	15
Period 8	2:50 - 3:30	40

**Grade 5**

	<b>Time</b>	<b>Minutes</b>
Outside	8:40 - 8:50	10
Homeroom	8:50 - 8:57	7
Period 1	9:00 - 9:40	40
Period 2	9:40 - 10:15	35
Recess	10:15 - 10:30	15
Period 3	10:30 - 11:10	40
Period 4	11:10 - 11:45	35
Period 5	11:45 - 12:25	40
Lunch	12:25 - 12:40	15
Lunch Break	12:45 - 1:20	35
Period 6	1:25 - 2:00	35
Period 7	2:00 - 2:35	35
Recess	2:35 - 2:50	15
Period 8	2:50 - 3:30	40

**Grade 6**

	<b>Time</b>	<b>Minutes</b>
Outside	8:40 - 8:50	10
Homeroom	8:50 - 8:57	7
Period 1	9:00 - 9:40	40
Period 2	9:40 - 10:15	35
Recess	10:15 - 10:30	15
Period 3	10:30 - 11:10	40
Period 4	11:10 - 11:45	35
Period 5	11:45 - 12:25	40
Lunch	12:25 - 12:40	15
Lunch Break	12:45 - 1:20	35
Period 6	1:25 - 2:00	35
Period 7	2:00 - 2:35	35
Recess	2:35 - 2:50	15
Period 8	2:50 - 3:30	40

**Grade 7**

	<b>Time</b>	<b>Minutes</b>
Outside	8:40 - 8:50	10
Homeroom	8:50 - 8:57	7
Period 1	9:00 - 9:40	40
Period 2	9:40 - 10:20	40
Break	10:20 - 10:30	10
Period 3	10:30 - 11:10	40
Period 4	11:10 - 11:50	40
Lunch	11:50 - 12:08	18
Lunch Break	12:08 - 12:40	32
Period 5	12:50 - 1:25	35
Period 6	1:25 - 2:00	35
Break	2:00 - 2:10	10
Period 7	2:10 - 2:50	40
Period 8	2:50 - 3:30	40

**Grade 8**

	<b>Time</b>	<b>Minutes</b>
Outside	8:40 - 8:50	10
Homeroom	8:50 - 8:57	7
Period 1	9:00 - 9:40	40
Period 2	9:40 - 10:20	40
Break	10:20 - 10:30	10
Period 3	10:30 - 11:10	40
Period 4	11:10 - 11:50	40
Lunch	11:50 - 12:08	18
Lunch Break	12:08 - 12:40	32
Period 5	12:50 - 1:25	35
Period 6	1:25 - 2:00	35
Break	2:00 - 2:10	10
Period 7	2:10 - 2:50	40
Period 8	2:50 - 3:30	40

**\*Please see reverse side for detailed notes**

**Notes:**

First bell goes outside at 8:40. Teachers come out to pick up their students by 8:50.  
Opening Exercises start at 8:57 with announcements. Period 1 starts at 9:00.

Grade 4/5/6 will have lunch from 12:25 - 1:20 with instruction resuming at 1:25 (When outside, Gr. 4 will be at ECVS)							
Grade 4 morning recess in Area 1A or 1B (EAMS play structure/tennis courts)							
Grade 4/5/6 will have combined recess in the afternoon with the Grade 4's at ECVS playground (Area 3).							
Grade 7/8 will have lunch from 11:45 - 12:40 with instruction resuming at 12:50							
Grade 7/8 will have combined morning breaks inside contained in classrooms, with afternoon breaks outside in their areas. Alternating breaks (inside and outside) may run from Dec to March in the afternoon							
Recess and Breaks will have a schedule for students outside (Area 1 to 3) with sectioned off playground spaces							