

# Timetable

## **MONDAY to THURSDAY**

- Block 1: 8.00 - 9.15
- Break: 9.15 - 9.25
- Block 2: 9.25 - 10.40
- Flex Block (Block 3): 10.40 - 11.50
- Block 4: 11.50 - 1.05
- Break: 1.05 - 1.15
- Block 5: 1.15 - 2.30

## **FRIDAY**

- Block 1: 8.00 - 9.10
- Break: 9.10 - 9.20
- Block 2: 9.20 - 10.30
- Brunch (Block 3): 10.30 - 11.00
- Block 4: 11.00 - 12.10
- Break: 12.10 - 12.20
- Block 5: 12.20 - 1.30



# FLEX Block

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**ST. ALBERT  
PROTESTANT  
SCHOOLS**



## Shared Student, Parent & Teacher Findings

- Need for individual/remedial instruction
- Time to complete school work/homework during the day
- Time for activities (leadership, events, clubs, meetings...)
- Opportunity to access professional staff during the day for assistance/extra help
- Catch up on missed classes, work, exams, labs...
- More time for school culture time (breaks, lunch, social interaction)
- Recognition of numerous student commitments (work, athletics, clubs...)

## Flex Block Activities

- Complete homework
- Get help in a subject you are struggling with
- Get help to improve grades
- Earn extra credits in various programs
- Complete missed exams and labs
- Catch up on assignments/work
- Eat
- Participate in teams and clubs
- Access athletic facilities
- Complete group work projects
- Everything you need to do to be successful and on time in class



## Additional Points

- You can be assigned to a specific place during flex time, particularly if you fail to be in class, on time, completing your work
- You have no excuse to be late, or skip



**This is an opportunity to make sound choices and act responsibly.**