

Helix School Bell Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am-9:00am	Instruction Time-Group Movement (30mins)	Instruction Time-Group Movement (30mins)	Instruction Time-Group Movement (30mins)	Instruction Time-Group Movement (30mins)	Instruction Time-Group Movement (30mins)
9:00am-9:45am	Instruction Time-Language Arts (45mins)	Instruction Time-Language Arts (45mins))	Instruction Time-Language Arts (45mins))	Instruction Time-Language Arts (45mins))	Instruction Time-Language Arts (45mins))
9:45am-10:30am	Instruction Time-Life Skills (45mins)	Instruction Time-Life Skills (45mins)	Instruction Time-Life Skills (45mins)	Instruction Time-Life Skills (45mins)	Instruction Time-Life Skills (45mins)
10:30am-11:00am	Instruction Time-Social Snack (30mins)	Instruction Time-Social Snack (30mins)	Instruction Time-Social Snack (30mins)	Instruction Time-Social Snack (30mins)	Instruction Time-Social Snack (30mins)
11:00am-11:45am	Instruction Time-Physical Education (45mins)	Instruction Time-Physical Education (45mins)	Instruction Time-Physical Education (45mins)	Instruction Time-Physical Education (45mins)	Instruction Time-Physical Education (45mins)
11:45am-12:30pm	Instruction Time-Math (45mins)	Instruction Time-Math (45mins)	11:45am-12:30pm Instruction Time-Math (30mins)	Instruction Time-Math (45mins)	Instruction Time-Math (45mins)
12:30pm-1:15pm	Instruction Time-Social Lunch (45mins)	Instruction Time-Social Lunch (45mins)		Instruction Time-Social Lunch (45mins)	Instruction Time-Social Lunch (45mins)
1:15pm-2:00pm	Instruction Time-Electives (45mins)	Instruction Time-Electives (45mins)		Instruction Time-Electives (45mins)	Instruction Time-Electives (45mins)

2:00pm- 2:30pm	Instruction Time- Electives (30 minutes)	Instruction Time- Electives (30 minutes)		Instruction Time- Electives (30 minutes)	Instruction Time- Electives (30 minutes)
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Total instructional minutes per year= 64,800

Total Weekly Minutes= 1,680