

SCHOOL ROUTINE (MIDDLE & SECONDARY SCHOOL)

School Timings : 07.50 a.m. to 02.25 p.m. – Summer Months (April to March)
08.20 a.m. to 02.50 p.m. – Winter Month (January only)

PERIODS	TIMINGS	DAY	ACTIVITIES	COORDINATOR(S)
ZERO	07.50–08.50 a.m.	Mondays	• PERIODIC TEST FOR CLS VI – VIII IX - X	MR UMESH VERMA MS KOMAL MENDIRATTA
ZERO	07.50–08.35 a.m.	Tuesdays	• STRETCH TIME: FOR CLS VI – XII	MR D BIST & MR VARDHAN
ZERO	07.50–08.35 a.m.	Wednesdays	• SCHOOL ASSEMBLY : FOR CLS VI-XII	MR D BIST & MR VARDHAN OVERALL SUPERVISION : MS MANISHA ARORA
ZERO	07.50–08.35 a.m.	Thursdays	• REMEDIAL CLASSES (VI-X) • TED VIDEOS (VI-VIII) • TEDex TALKS (IX-X)	RESPECTIVE SUBJECT TEACHERS & CLASS REPS MS M ARORA AND RESPECTIVE CLASS TEACHERS OVERALL SUPERVISION : HM (SR)
ZERO	07.50–08.35 a.m.	Fridays	• MASS P.T.: FOR CLS VI – XII • REMEDIAL CLASSES (VI-X) • ARYABHATTA CLASSES (FOR CLS VIII)	MR D BIST/ MS R NEGI OVERALL SUPERVISION : MS MANISHA ARORA RESPECTIVE SUBJECT TEACHERS & CLASS REPS MS SUBHA R KUMAR
8 TH & 9 TH PERIOD	01:10-02:20 (Sr School)		• INTER HOUSE ACTIVITIES (IX & X) • INTER HOUSE MATCHES (IX & X)	MS MANISHA ARORA MR D BIST
ZERO	07.50–08.35 a.m.	Saturday (1 st & 3 rd of each month)	• LIFE SKILLS: AWAKENED CITIZEN PROGRAMME FOR CLS VI-VIII	MS DEEPTI MEHRA & RESPECTIVE CLASS TCHRS.
8 th & 9 th PERIOD	01:10-02:25 (Middle School)		• CLUB ACTIVITIES (FOR CLS VI-VIII)	MS K SHREYA & RESPECTIVE CLUB INCHARGES
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- TGTs are required to adhere to the Remedial Time Table (Cls VI-X) on Thursdays and Fridays.
- DURING STRETCH TIME & MASS PT, Specialised coaching in various Games & Sports will remain suspended.

TUESDAY (S) TO SATURDAY(S)			MONDAY(S)			POINTS TO REMEMBER
PERIOD	TIMING	DURATION	PERIOD	TIMING	DURATION	
Zero Period	07.50 – 08.35	45 Min	Zero Period	07.50 – 08.50	1 Hr.	1. Zero period will be utilized for sports practice (only school teams) on Wednesdays & Thursdays only 2. Departure Time for School Buses: 02.30 p.m. 3. Dispersal of Teaching Staff : 02.45 p.m. 4. 2ND AND 4TH SATURDAYS WILL BE OBSERVED AS HOLIDAYS. 5. 1 st & 3 rd Saturdays of each academic month will be working for the students of Cls VI-VIII 6. 1 st , 3 rd and 5 th Saturdays of each academic month will be working for Staff. Dispersal of Teaching Staff : 02.45 p.m. 7. Dispersal Time for the teaching Staff on the last day of the working month is 03.00 p.m 8. Class Teachers are to invite parents for a brief discussion, if any, on any working day between 02.30 p.m. to 03.00 p.m. 10. All Departmental, House Meetings, Class Rep Meetings and any other desired meeting will be held on week days after school hours.
1	08.35 – 09.15	40 Min	1	08.50 – 09.25	35 Min	
2	09.15– 09.50	35 Min	2	09.25 – 10.00	35 Min	
3	09.50 – 10.25	35 Min	3	10.00 – 10.35	35 Min	
4	10.25 – 11.00	35 Min	4	10.35 – 11.10	35 Min	
LUNCH BREAK	11.00 – 11.20	20 Min	LUNCH BREAK	11.10 – 11.30	20 Min	
5	11.20 – 12.00	40 Min	5	11.30 – 12.05	35 Min	
6	12.00 – 12.35	35 Min	6	12.05 – 12.40	35 Min	
7	12.35 – 01.10	35 Min	7	12.40 – 01.15	35 Min	
8	01.10 – 01.45	35 Min	8	01.15 – 01.50	35 Min	
9	01.45 – 02.25	40 Min	9	01.50 – 02.25	35 Min	
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Dated : 14 March, 2022

Distribution:

VPL, HMs, Transport I/C, Substitution I/C
A Razdan (File), School Website

Asha Prabhakar

Asha Prabhakar
(Principal)

स्वच्छ भारत
एक कदम स्वच्छता की ओर

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