

SCHOOL ROUTINE (MIDDLE & SECONDARY SCHOOL)

School Timings : 07.50 a.m. to 02.10 p.m. – Summer Months (April to March)
08.20 a.m. to 02.40 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 – X REMEDIAL CLASSES VI-X	MR MOHIT BHOLA MR ANSHUL DUBEY & CLASS REPS
ZERO	07.50–08.35 a.m.	Tuesdays	STRETCH TIME: FOR CLS VI – XII	MR D BIST, MR A DIXIT & MR U VERMA
ZERO	07.50–08.35 a.m.	Wednesdays	SCHOOL ASSEMBLY : FOR CLS VI-XII	MR D BIST, MR VARDHAN & MR P PALLAVI OVERALL SUPERVISION : MS RACHNA S
ZERO	07.50–08.35 a.m.	Thursdays	<ul style="list-style-type: none"> • AWAKENED CITIZEN PROGRAM • REMEDIAL /EXTRA CLASSES (IX & X) 	MS DEEPTI MEHRA OVERALL SUPERVISION : HM (SR) MR ANSHUL DUBEY & CLASS REPS
ZERO	07.50–08.35 a.m.	Fridays	<ul style="list-style-type: none"> • MASS P.T.: FOR CLS VI – XII 	MR VARDHAN S & MR RAJ BALI OVERALL SUPERVISION : MS RACHNA S
8 TH & 9 TH PERIOD	01:10-02:20 p.m. (Sr School)		<ul style="list-style-type: none"> • INTER HOUSE ACTIVITIES • INTER HOUSE/SECTION MATCHES • CLUB CLASSES (VI-VIII) 	MS MS RACHNA S & MS MEENAKSHI GULATI MR D BIST & CONCERNED COACHES MR ANOOP DIXIT & RESPECTIVE CLASS TEACHERS
ZERO	08.00–11.00 a.m.	Saturday (1 st & 3 rd of each month)	<ul style="list-style-type: none"> • PREPARATORY CLASSES FOR COMPETITIVE EXAMS. • REMEDIAL CLASSES • PAID CLUBS 	MR VIPIN KUMAR & MS SUBHA R KUMAR MR ANSHUL DUBEY & RESPECTIVE CLASS REPS MR ANOOP DIXIT & RESPECTIVE CLUB INCHARGES

- TGTs are required to adhere to the Remedial Time *Table* (Cls VI-X).
- DURING STRETCH TIME & MASS PT, Specialised coaching in various Games & Sports will remain suspended.

TUESDAY (S) TO FRIDAY(S)			MONDAY			POINTS TO REMEMBER
PERIOD	TIMING	DURATION	PERIOD	TIMING	DURATION	
Zero Period	07.50 – 08.20	30 Min	Zero Period	07.50 – 08.50	1 Hr.	<ol style="list-style-type: none"> 1. Zero period will be utilized for sports practice (only school teams). Nearing a tournament, 1 & 2 periods can be utilized for Practice Matches. 2. Departure Time for School Buses: 02.20 p.m. 3. Dispersal of Teaching Staff : 02.45 p.m. 4. 2nd and 4th Saturdays will be observed as Holidays. 5. Remedial Classes will be conducted on 1st & 3rd Saturdays of each month for the students of Cls VI-X. 6. Paid Clubs will be conducted on 1st & 3rd Saturdays of each month for the students of Cls VI-VIII. 7. 1st, 3rd and 5th Saturdays of each academic month will be working for Staff. Dispersal of Teaching Staff : 02.45 p.m. 8. Dispersal Time for the teaching Staff on the last day of the working month is 03.00 p.m 9. Class Teachers may 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. A prior intimation will be given to the staff.
1	08.20 – 09.00	40 Min	1	08.50 – 09.25	35 Min	
2	09.00– 09.35	35 Min	2	09.25 – 10.00	35 Min	
3	09.35 – 10.10	35 Min	3	10.00 – 10.35	35 Min	
4	10.10 – 10.45	35 Min	4	10.35 – 11.10	35 Min	
LUNCH BREAK	10.45-11.05	20 Min	LUNCH BREAK	11.10 – 11.30	20 Min	
5	11.05 – 11.45	40 Min	5	11.30 – 12.05	35 Min	
6	11.45-12.20	35 Min	6	12.05 – 12.35	30 Min	
7	12.20-12.55	35 Min	7	12.35 – 01.05	30 Min	
8	12.55-01.35	40 Min	8	01.05 – 01.35	35 Min	
9	01.35-02.10	40 Min	9	01.35 - 02.10	35 Min	
--	02.10 -02.20	DISPERSAL OF STUDENTS UNDER THE SUPERVISION OF CLASS TEACHERS				

Dated: 19 March, 2024

Distribution

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

Asha Prabhakar
(Principal)

Kindness, Resilience, Respect

