

8 Period (or more) Bell Schedule plus 8 period A/B bell schedule, 8 period cascade full rotating bell schedule, and other variations

Includes examples from the following schools/districts (among others):

- John Muir High School, Pasadena Unified School District, Pasadena, California
- Los Angeles School of Global Studies, Los Angeles Unified School District, Los Angeles, California
- School of the Future, Philadelphia, Pennsylvania
- Thomas Jefferson High School for Science and Technology, State-chartered magnet school, operated as a regional high school by Fairfax County Schools, Alexandria Virginia
- Dover High School, Dover New Hampshire School District, Dover, New Hampshire
- Novato High School, Novato Unified School District, Novato, California
- Bronx High School of Science, New York City, New York
- Newport Harbor High School, Newport Mesa School District, Newport Beach, California
- Niles North High School, High School District 219, Niles, Illinois
- Hun School of Princeton, private school, Princeton, New Jersey
- Hillsborough High School, Hillsborough County Public Schools, Tampa, Florida
- Poudre High School, Poudre School District, Fort Collins, Colorado
- West Morris Mendham High School, West Morris Regional School District, Mendham, New Jersey
- Franklin High School, Franklin Township Public Schools, Somerset, New Jersey
- Wissahickon High School, Wissahickon School District, Amber, Pennsylvania

Traditional 8 period day bell schedule format

| |
|----------|
| Period 1 |
| Period 2 |
| Period 3 |
| Period 4 |
| Period 5 |
| Period 6 |
| Period 7 |
| Period 8 |

Typically, student load is 8 courses

Typically, teacher load is 6 or 7 courses

Students can earn up to 8 credits each year or 32 credits by the time they graduate.

Faculty Cost Factor - If teachers are teaching 7 classes out of 8 (87.5%); if teachers are teaching 6 classes out of 8 classes (75%)

Typically – time per course – 42 x 176 (plus 2 days for finals each semester term)

Flexibility for double period classes or extra support for student success.

8-Period Alternating A/B bell schedule Format

Students take eight courses for the duration of year.

Typically, teachers teach six courses for the duration of the year.
 One set of courses meets one day (every other day) and the other meets the next day (every other day.)
 Typically, each class meets for 90 minutes every other day.

| | A Day | B Day |
|----------|----------|----------|
| Period 1 | Course 1 | Course 2 |
| Period 2 | Course 3 | Course 4 |
| Period 3 | Course 5 | Course 6 |
| Period 4 | Course 7 | Course 8 |

Often on the 8-Period Alternating A/B bell schedule format, students may meet for all eight classes – with each class period meeting for approximately 45 minutes -- on one day of each week so that the A days and B days can be consistent each week. For example, For example, “A” day classes might meet on Monday and Wednesday every week and B day classes might meet on Tuesday and Thursday every week. Then on Friday, all eight classes meet every week.

There are variations on the use of time on the one day each week that is a non-A/B schedule, including late start or early release days for professional development/community of practice/common planning time meetings for teachers and internship and community service opportunities for students. Instead of all eight courses meeting that day for short periods of time, the school may schedule two to four courses on a rotation schedule for the term.

| Monday | Tuesday A Day | Wednesday B Day | Thursday A Day | Friday B Day |
|----------|------------------|--------------------|-------------------|-----------------|
| Course 1 | Course 1 | Course 2 | Course 1 | Course 2 |
| Course 2 | | | | |
| Course 3 | Course 3 | Course 4 | Course 3 | Course 4 |
| Course 4 | | | | |
| Course 5 | Course 5 | Course 6 | Course 5 | Course 6 |
| Course 6 | | | | |
| Course 7 | Course 7 | Course 8 | Course 7 | Course 8 |
| Course 8 | | | | |

Similarly, many schools using an alternating day A/B bell schedule format also have a special bell schedule for 4-day weeks (weeks that include a holiday) and that may not include a day on which all classes meet.

Some schools add a zero period and/or B period options to the 8-period schedule.

| Monday | Tuesday A Day | Wednesday B Day | Thursday A Day | Friday B Day |
|--|------------------|--------------------|-------------------|-----------------|
| Zero Period – runs as a skinny all year long | | | | |
| Course 1 | Course 1 | Course 2 | Course 1 | Course 2 |
| Course 2 | | | | |
| Course 3 | Course 3 | Course 4 | Course 3 | Course 4 |
| Course 4 | | | | |
| Course 5 | Course 5 | Course 6 | Course 5 | Course 6 |
| Course 6 | | | | |
| Course 7 | Course 7 | Course 8 | Course 7 | Course 8 |
| Course 8 | | | | |
| B period, Extended/expanded learning, Twilight school, concurrent enrollment opportunities, etc. | | | | |

8-Period “Cascade Two Drop Fully Rotating Schedule”

On the 8-Period “Cascade Two Drop bell schedule, each daily bell schedule will repeat every eight school days, A through H.

. "Drop two" means that any given class meets on only six of those eight days.

"Fully rotating" means that every academic class meets in every possible time slot.

Benefits

- Increase in time in class over traditional 7 period or traditional 8 period day
- Decrease in the number of passing periods
- Supports continuity of learning/curriculum
- Accommodates out of district transfer students
- Students can earn up to 8 credits each year
- Can accommodate a student advisory period

Challenges

- Course periods are typically around 60-61 minutes (similar to traditional schedules) with less time for deeper learning
- Student and teacher work load; students are responsible for 8 classes each week/term; teachers may be teaching six classes each week/term
- The bell schedule can be confusing for teachers and students to follow and lack of consistency with when certain course periods are offered may make it harder to engage industry/postsecondary/community partners and provide students with regularly scheduled opportunities for work-based learning, service-learning, dual enrollment, etc.

Typically, there are 61 minutes in a period.

Typically, there are 8,235 minutes of class time per year.

Typically, each class meets 108 times a year.

Student course load for the year is eight courses and students can earn eight credits.

Over a four-year period, students can earn 32 credits.
 Student course load per day is six courses.
 Teacher load is six courses per week/term/year.
 Teacher load per day is four or five courses per day.
 Number of passing periods per day is five.

John Muir High School

Pasadena, California
 2013-2014 Regular Bell Schedules

Mondays (alternating odd and even days)

| Period | Start | End |
|--------|-------|-------|
| 1 & 2 | 9:40 | 10:48 |
| 3 & 4 | 10:54 | 12:02 |
| Lunch | 12:02 | 12:32 |
| 5 & 6 | 12:38 | 1:46 |
| 7 & 8 | 1:52 | 3:00 |

Tuesdays (odd) and Wednesday even

| Period | Start | End |
|-----------|-------|-------|
| 1 & 2 | 7:50 | 9:12 |
| 3 & 4 | 9:18 | 10:40 |
| Nutrition | 10:40 | 10:50 |
| Advisory | 10:56 | 11:34 |
| 5 & 6 | 11:40 | 1:02 |
| Lunch | 1:02 | 1:32 |
| 7 & 8 | 1:38 | 3:00 |

Thursday (odd) and Fridays (even)

| Period | Start | End |
|-----------|-------|-------|
| 1 & 2 | 7:50 | 9:23 |
| 3 & 4 | 9:29 | 11:02 |
| Nutrition | 11:02 | 11:12 |
| 5 & 6 | 11:18 | 12:51 |
| Lunch | 12:51 | 1:21 |
| 7 & 8 | 1:27 | 3:00 |

Los Angeles School of Global Studies (LASGS)

Los Angeles Unified School District
<http://www.lasgslausd.com>
 9 periods – 8 periods plus Advisory

Regular Day Schedule

| | | |
|-----------------------|-------------|--------------------|
| 1 st Block | Period 1-2 | 8:00 – 9:25 a.m. |
| 2 nd Block | Period 3-4 | 9:30 – 10:55 a.m. |
| Advisory | Period 5 | 11:00 – 11:30 a.m. |
| Lunch | | 11:30 – 12:00 p.m. |
| 3 rd Block | Periods 6-7 | 12:05 – 1:30 p.m. |
| 4 th Block | Periods 8-9 | 1:35 – 3:00 p.m. |

Tuesday Early Dismissal Schedule

| | | |
|----------------------------------|--------------|--------------------|
| 1 st Block | Period 1 - 2 | 8:00 – 9:00 a.m. |
| 2 nd Block | Period 3 - 4 | 9:05 – 10:05 a.m. |
| 3 rd Block | Period 6-7 | 10:10 – 11:10 a.m. |
| Lunch | | 11:10 – 11:40 a.m. |
| 4 th Block | Period 8-9 | 11:45 – 12:45 p.m. |
| | | |
| Teacher Professional Development | | 1:00 – 2:15 p.m. |

School of the Future

Philadelphia, Pennsylvania

9 periods (8 periods with Advisory)

“The School of the Future is about redefining the “norm”. It is about answering the question, “What if?” And it is about demonstrating what learning must look like in the 21st century for all students. We envision an empowered and connected community where learning is continuous, relevant and adaptive. We envision a school that works to close the technology gap in urban education and provides our learners with the skills and competencies necessary for problem solving and lifelong learning. We envision a post-secondary school opportunity for each one of our learners that facilitates continued education and the achievement of personal goals.”

Regular Schedule 01

| Period | Schedule |
|---------|---------------|
| 1 | 8:00 - 8:51 |
| 2 | 8:54 - 9:45 |
| 3 (ADV) | 9:48 - 10:01 |
| 4 | 10:04 - 10:34 |
| 5 | 10:37 - 11:28 |
| 6 | 11:31 - 12:22 |
| 7 | 12:25 - 1:16 |
| 8 | 1:19 - 2:10 |
| 9 | 2:13 - 3:04 |

Early Dismissal 02

| Period | Schedule |
|--------|----------|
|--------|----------|

| | |
|---------|---------------|
| 1 | 8:00 - 8:26 |
| 2 | 8:29 - 8:55 |
| 3 (ADV) | 8:58 - 9:07 |
| 5 | 9:10 - 9:36 |
| 6 | 9:39 - 10:05 |
| 7 | 10:08 - 10:34 |
| 8 | 10:37 - 11:03 |
| 9 | 11:06 - 11:32 |

Thomas Jefferson High School for Science and Technology

State-chartered magnet school, operated as a regional high school by Fairfax County Schools, Alexandria Virginia

8 period A/B Block

Bell Schedule:

Monday is an Anchor day, where students attend all 8 periods for 45 minutes per period.

Tuesday is a Blue day, with periods 1,2,3,4 meeting for an hour and a half per period.

Wednesday and Friday are Red days, with periods 5, 6, 7, 8 meeting for an hour and a half per period.

Thursday is a modified Blue day to adjust for the Jefferson Learning Community planning time for teachers. Classes start at 9 a.m. and students attend periods 1, 2, 3, and 4 for an hour and a half per period.

Variations on this schedule occur periodically.

Dover High School and Regional Career Technical Center

Dover New Hampshire School District

Dover, New Hampshire

8 period A/B block (modified block)

4 ninety-minute classes each day

Most Classes meet every other day

Classes meet for the entire year

“Typical” Student Schedule

| | A Day “Green Day” | B Day “White Day” |
|-------------------------|----------------------|----------------------|
| Block 1 (7:40-9:15) | English | Social Studies |
| Block 2 (9:20-10:50) | Math | Science |
| Block 3 (10:55 – 12:25) | World Language | Elective |

| | | |
|-----------------------|----------|------------|
| Includes 30 min lunch | | |
| Block 4 (1:00-2:30) | Elective | Study Hall |

There are four 30-minute lunch periods that occur during Block 3.

NOTE: DHS made the change from a 4x4 block to an 8 period A/B schedule for the following reasons:

- Opportunity for students to take math and world languages without a “gap” between the courses
- Concern from teachers about the pace of courses

Novato High School

Novato Unified School District

Novato, California

8 periods with 2 days a week Block Schedule; Period 8 runs every day

Monday, Thursday, Friday Schedule

| | | |
|----------|---------------|------------|
| Period 1 | 7:26 – 8:18 | 52 minutes |
| Period 2 | 8:23 – 9:15 | 52 minutes |
| Period 3 | 9:20 – 10:12 | 52 minutes |
| Break | 10:12 – 10:22 | 10 minutes |
| Period 4 | 10:27 – 11:19 | 52 minutes |
| Period 5 | 11:24 – 12:16 | 52 minutes |
| Lunch | 12:16 – 12:51 | 35 minutes |
| Period 6 | 12:56 – 1:48 | 52 minutes |
| Period 7 | 1:53 – 2:45 | 52 minutes |
| Period 8 | 2:50 – 3:40 | 50 minutes |

Tuesday Block Schedule

| | | |
|----------|---------------|------------|
| Period 1 | 7:15 – 8:50 | 95 minutes |
| Break | 8:50 – 9:00 | |
| Period 3 | 9:05 – 10:40 | 95 minutes |
| Break | 10:40 – 10:50 | |
| Period 5 | 10:55 – 12:30 | 95 minutes |
| Lunch | 12:30 – 1:05 | |
| Period 7 | 1:10 – 2:45 | 95 minutes |
| Period 8 | 2:50 – 3:40 | 50 minutes |

Wednesday – Block Schedule w. Faculty Planning

| | | |
|------------------|---------------|------------|
| Faculty Planning | 8:15 – 9:00 | |
| Period 2 | 9:05 – 10:40 | 95 minutes |
| Break | 10:40 – 10:50 | |
| Period 4 | 10:55 – 12:30 | 95 minutes |
| Lunch | 12:30 – 1:05 | |

| | | |
|----------|-------------|------------|
| Period 6 | 1:10 – 2:45 | 95 minutes |
| Period 8 | 2:50 – 3:40 | 50 minutes |

Bronx High School of Science

New York City, New York

8 Period Day + 11-period day once a week with embedded small group instruction

Bell Schedule

| | Regular Schedule | | SGI* | |
|--------|------------------|--------------------|------|---------|
| 1 | 8:05 AM | 8:46 AM | 0:41 | |
| 2 | 8:51 AM | 9:32 AM | 0:41 | |
| 3 | 9:37 AM | 10:20 AM | 0:43 | |
| 4 | 10:25 AM | 11:06 AM | 0:41 | |
| 5 | 11:11 AM | 11:52 AM | 0:41 | |
| 6 | 11:57 AM | 12:38 PM | 0:41 | |
| 7 | 12:43 PM | 1:24 PM | 0:41 | |
| 8 | 1:29 PM | 2:10 PM | 0:41 | |
| 9/SGI | 2:15 PM | 2:56 PM | 0:41 | 2:52 PM |
| 10/SGI | 3:01 PM | 3:42 PM | 0:41 | 3:38 PM |
| 11 | 3:42 PM | Special Programs** | | |

| | Official Class*** | | SGI* |
|--------|-------------------|--------------------|------|
| 1 | 8:06 AM | 8:45 AM | 0:39 |
| 2 | 8:50 AM | 9:29 AM | 0:39 |
| 3 | 9:34 AM | 10:13 AM | 0:39 |
| OFF | 10:18 AM | 10:28 AM | 0:10 |
| 4 | 10:33 AM | 11:12 AM | 0:39 |
| 5 | 11:17 AM | 11:56 AM | 0:39 |
| 6 | 12:01 PM | 12:40 PM | 0:39 |
| 7 | 12:45 PM | 1:24 PM | 0:39 |
| 8 | 1:29 PM | 2:08 PM | 0:39 |
| 9/SGI | 2:13 PM | 2:52 PM | 0:39 |
| 10/SGI | 2:57 PM | 3:36 PM | 0:39 |
| 11 | 3:42 PM | Special Programs** | |

*Small Group Instruction/Advisory (SGI) - Each SGI period is 37.5 minutes long as per UFT Contract. During SGI, teachers will meet with students who have been programmed for academic help or are seeking academic help. (Students) may also see their guidance counselor. If a student is not participating in SGI, he/she may choose to go home or wait for extra curricular activities. On Fridays, there is no SGI. All academic programs end at 2:56 PM except for Intel, Yearbook, other special classes and extra curricular activities.

**Special Programs - Intel, Yearbook, PSAT Prep, other special classes & extra curricular activities will meet at 11th period.

***Official Class meets every Thursday

Curriculum (from the school website)

In order to graduate with a Bronx Science diploma, every student must complete required courses and the following New York State Regents exams must be passed:

- English
- Global History
- U.S. History
- Biology
- Chemistry
- Physics
- Integrated Algebra, Geometry, and Algebra 2 & Trigonometry
- a Regents in any Foreign Language

Bronx Science emphasizes a well rounded student, and each department is staffed by an outstanding faculty that is committed to teaching excellence.

http://www.bxscience.edu/apps/pages/index.jsp?uREC_ID=219379&type=d&termREC_ID=&pREC_ID=433043&hideMenu=false

Newport Harbor High School

Newport Mesa Unified School District
Newport Beach, California

8 period block schedule A/B Schedule

“The block schedule at Newport Harbor High School alternates between A and B days. The A day schedule is for the odd periods and the B day schedule is for the even periods.” The school calendar includes information on the specific rotation. Either odd or even classes are offered on Late Start Wednesdays and these alternate each week.

Daily Schedule (M, T, Th, F)

| Period | Time |
|--------|---------------|
| 0 | 7:00 – 7:50 |
| 1/2 | 8:00 – 9:30 |
| Break | 9:30 – 9:45 |
| 3/4 | 9:50 -11:25 |
| Lunch | 11:25 – 11:55 |
| 5/6 | 12:00 – 1:30 |
| 7/8 | 1:35 – 3:05 |

Wednesday Late Start Schedule

| Period | Time |
|--------|------|
|--------|------|

| | |
|---------------------|---------------|
| Staff Collaboration | 7:30 – 8:30 |
| 1/2 | 8:50 – 10:10 |
| Break | 10:10 – 10:20 |
| 3/4 | 10:25 – 11:45 |
| Lunch | 11:45 – 12:15 |
| 5/6 | 12:20 – 1:40 |
| 7/8 | 1:45 – 3:00 |

There are also a traditional day schedule (with all 8 classes meeting), a rally schedule, a minimum day schedule, a traditional minimum day schedule, an extended lunch schedule, and a final exam schedule available on the school web site.

Bell Schedule Frequently Asked Questions

Bell Schedule FAQ

- 1. How does the schedule work?** It's very simple: The schedule is a 4 x 4 block, which means there are 4 block periods one day, then 4 the next. Classes will be 90 minutes long. The schedule simply alternates each day, with periods 1,3,5,7 one day and 2,4,6,8 the next. Any exceptions (minimum days, finals, etc.) will be posted on the website and communicated directly to parents as they have been in the past.
- 2. Will there be still be a late start day?** Yes...and it will now be every Wednesday where school will begin at 8:50am. Teachers will use this day for collaboration. Wednesday late starts do not affect the schedule rotation.
- 3. How many classes will students be allowed to take under the new schedule?** All 9th, 10th and 11th graders must be enrolled in 6 classes minimum to include periods 3-6. Seniors must be enrolled in a minimum of 5 classes in the Fall and Spring semesters. Students will be limited to 6 classes with the exception of a 7th and/or 8th class that must be an Open Enrollment class. Open enrollment classes may include ASB, Journalism, Band, and so forth. For complete details on Open Enrollment courses, please see the related link. One of the big advantages of this new schedule is it allows students more flexibility to take open enrollment classes while still taking their core classes as well, resulting in less conflicts.
- 4. Is it possible my student will have a later start or an earlier release under this new schedule and if so, what arrangements do I make?** Yes it's possible some students will start later and leave earlier under this schedule. In the case of freshmen and sophomores who fall into this category, we have structured a place for them to report to and where they will have a place to study and receive tutoring if desired. This is our new Academic Support Center.
- 5. How will this schedule affect staffing?** It doesn't. Our staffing is based on our projected student enrollment and does not change whether we have a 6 period or 8 period block.

- 6. How does this schedule benefit Student-Athletes?** All athletes will be done with academic classes by 1:30pm each day (1:40pm on Wednesday). This will help eliminate most of the issues we faced under the previous schedule where athletes missed a lot of instructional time on “A” days for early release. Under this new schedule, student-athletes won’t miss nearly as much instructional time.
- 7. Will the school now be able to offer more elective courses?** Yes, that is one of the main points of having such a schedule.
- **Student Choices:** Scheduling conflicts are significantly reduced with more student choices for classes and fewer conflicts encountered. Students who want to take specialty courses such as Journalism, Yearbook, ASB, AVID, or Athletics can now do so more easily without having to make a tough choice.
 - **SLCs Now Easier to Schedule:** The expansion of sections affords more flexibility to schedule our Smaller Learning Communities (AVID, Da Vinci, Franklin, Magellan, and Rembrandt). Students take common core classes together, which helps teachers monitor student progress and integrate curriculum.
 - **Increased Teacher Collaboration Time:** Late start day is now on Wednesday, allowing teachers to have 1 hour weekly collaboration meetings centered on student achievement and curriculum development. This improves upon our current collaboration time and adds to the many PLC (Professional Learning Community) opportunities we have structured for our teacher teams.
 - **Athletes:** Advantages to our student-athletes are numerous. Here are two:
 - **Less Instructional Time Missed:** A student-athlete has both 7th and 8th period for athletics on this schedule, resulting in significantly less instructional time missed for student-athletes compared to our current schedule.
 - **Consistent Practice Time:** Practices begin at a consistent time of 1:30pm (1:45pm on late-start Wednesdays).
 - **More Elective Courses:** There are now more possibilities to offer new elective courses to expand on our curriculum.
 - **Student Course Loads:** Parameters will be set on student course selections since we cannot support unlimited course selection (only so much staffing to go around) and obviously do not want to have students graduating too early. Students will be held to a predetermined number of courses, but will be allowed to take additional courses called Open Enrollment courses. These are courses such as Athletics, ASB, AVID, Band, Color Guard, Dance Production, Drama, Pep Squad, an Yearbook. (For a more complete list, please go to our website.) minimum number of courses at NHHS for their 4 years as they have been previously.
 - **Instructional Contact Time:** We will lose contact time per class under this schedule, but instructional time increases. Under the current block schedule, a block period was 110 minutes long. Many teachers felt this was simply too much time for most students to stay focused. Under the new schedule, the block period will be 90 minutes.

High School District 219
Niles, Illinois
Total Enrollment: 2,154

REGULAR BELL SCHEDULE

8 PERIODS EACH TERM w. one additional period for lunch and an Early Bird period option.
Regular schedule includes a 10-minute homeroom and there are several options for extended homeroom schedules

Niles North High School is on a nine-period day with double period classes scheduled throughout for Science, Applied Science and Technology, and Art classes. Each period is 42 minutes long with homeroom occurring after third period.
The school day begins at 8:10 a.m. and ends at 3:23 p.m. Passing periods between classes are five minutes. There is no busing for Early Bird Classes.

| Period | Time |
|------------|-----------------------|
| Early Bird | ** |
| 1 | 8:10 – 8:52 |
| 2 | 8:57 – 9:39 |
| 3 | 9:44 – 10:26 |
| Homeroom | 10:31 – 10:41 |
| 4 | 10:46 – 11:28 (lunch) |
| 5 | 11:33 – 12:15 (lunch) |
| 6 | 12:20 – 1:02 (lunch) |
| 7 | 1:07 – 1:49 (lunch) |
| 8 | 1:54 – 2:36 |
| 9 | 2:41 – 3:23 |

**Early Bird Schedule A = 7:05 – 7:47

**Early Bird Schedule B = 7:23 – 8:05

**Early Bird Schedule C = 7:53 – 8:52

As is true for many schools, Niles North High School has a variety of alternate schedules to address different circumstances, including late start/delayed arrival schedules that allow for school improvement (teacher professional development and collaboration.) The following bell schedules are available for download on the Niles North High School web site. Please see: <http://www.niles-hs.k12.il.us/north/niles-north-regular-bell-schedule>

- **Regular Bell Schedule**
- Opening Day Schedule
- 90 Minute Late Start Schedule
- 90 Minute Late Start / PM Assembly
- 45 Minute Extended Homeroom Schedule
- 25 Minute Extended Homeroom Schedule

- 20 Minute Extended Homeroom Schedule
- AM Assembly Schedule
- AM Extended Assembly Schedule
- AM Awards Assembly Schedule
- Homecoming PM Assembly
- PM Assembly Schedule
- Parent-Teacher Conference Schedule
- Two-Hour Late Arrival Schedule
- PSAE Pre-Test Schedule
- Final Exam Schedule
- Second Semester Opening Day Schedule

The Hun School of Princeton

Independent College Preparatory School
Co-educational and boarding school
Princeton, New Jersey

“At a School striving to prepare its students to thrive as citizens of a constantly- changing world, the time had come to update the schedule – to embrace changes that will foster continual innovation.”

The Goals:

- * To design a bell schedule that conforms to the research available
- * To preserve the unique features of the Hun School school experience: (rigorous academic programs, individual relationships, robust extra help program, opportunities for students to take advantage of extracurricular opportunities)

The New Model

Eight-day, drop-two, fully rotating schedule The new schedule will repeat every eight school days, A through H. This rotation will flow over weekends and holidays, according to a calendar published before the school year begins. "Drop two" means that any given class meets on only six of those eight days. "Fully rotating" means that every academic class meets in every possible time slot.

New Opportunities for Learning

Extended Periods for Every Course Every course will receive an extended period once per cycle -- something similar to the double period that science courses currently receive for lab work. Now an English class can afford to do some dramatic reading and in-class responsive writing; a math class can cover new theorems and allow group-based inquiry.

Fewer Transitions The greatest inefficiency in the classroom is continual starting-and-stopping that leads to student distraction and to curtailed activities. Having fewer class periods

in a day allows each to be longer; having a class dropped on some days allows it to run considerably longer (a total of 80 minutes) on others. Besides the explicit extended period, regular class periods are longer in the new schedule (50 minutes), which research indicates is conducive to more innovative teaching.

Retention and Critical Thinking As a complement to having longer time when in class, the schedule allots fewer periods per day. This improved pacing has been shown to enhance student retention and critical thinking. Students will have time to reflect on what they have learned, integrate new material into their understanding, and prepare for future learning. To help augment the revised pacing, the schedule includes hard breakpoints during which classes will not meet -- once in the morning, and once in the afternoon.

Full Breadth of Course Offerings Available The new schedule also preserves the full breadth of current offerings. Students (and parents) will no longer face the challenge of choosing between having lunch and taking a rich, rigorous course roster. This too, will help regulate the pacing of the day and give students nourishment for their bodies as well as their minds.

Age-Specific Considerations The new Middle School schedule allows for a class length and pace better suited to the students' age group. Classes run longer, though not as long as in the Upper School. With one course to drop each day, the Middle School gains the option of scheduling a richer selection of courses, including the possibility of a vibrant co-curricular program within the school day. Because the two schedules are compatible, a gifted Middle School student retains the possibility of taking classes in the Upper School."

| Times | Upper School Daily Schedule | | |
|--------------------------------------|--|-------------------|-------------------|
| 7:50 a.m. – 8:40 a.m. | 1 st Period | | |
| 8:44 a.m. – 9:34 a.m. | 2 nd Period | | |
| 9:38 a.m. – 10:03 a.m. | Community Life Period (25 minutes) Advisory on A; Community Meeting on C; Full Student Government on F; HUNTV on H (note: also includes 4 distinct club days) | | |
| 10:07 a.m. – 10:57 a.m. | 3 rd Period | | |
| 11:01 a.m. 4 th Period | Lunch 1 35 min | Period 4 (42 min) | Period 4 (85 min) |
| | Period 4 (85 min) | Lunch 2 (35 min) | |
| 1:01 p.m. | | Period 4 (43 min) | Lunch 3 (35 min) |
| 1:05 p.m. – 1:55 p.m. | 5 th Period | | |
| 1:59 p.m. – 2:49 p.m. | 6 th Period | | |
| 2:49 p.m. – 3:15 p.m. | Extra Help | | |

Source: Hum School of Princeton

Hillsborough High School

Hillsborough County Public Schools

Tampa, Florida

Bell Schedules 2013-2014

Regular Bell Schedule

| | |
|-----------------|---------------|
| Advisory Period | 7:30 -7:35 |
| Period 1 | 7:40 – 8:29 |
| Period 2 | 8:33 – 9:21 |
| Period 3 | 9:26 – 10:14 |
| Period 4 | 10:19 – 10:44 |
| Period 5 | 10:48 – 11:12 |
| Period 6 | 11:16 – 11:42 |
| Period 7 | 11:46 – 12:10 |
| Period 8 | 12:14 – 12:30 |
| Period 9 | 12:44 – 1:32 |
| Period 10 | 1:37 – 2:25 |

Two-Hour Delay Bell Schedule

| | |
|-----------------|---------------|
| Advisory Period | 9:30 – 9:36 |
| Period 1 | 9:40 – 10:04 |
| Period 2 | 10:09 – 10:33 |
| Period 3 | 10:38 – 11:02 |
| Period 4 | 11:07 – 11:32 |
| Period 5 | 11:36 – 12:00 |
| Period 6 | 12:04 – 12:30 |
| Period 7 | 12:34 – 12:58 |
| Period 8 | 1:02 – 1:27 |
| Period 9 | 1:32 – 1:56 |
| Period 10 | 2:01 -2:25 |

Poudre High School

Poudre School District

Fort Collins, Colorado

8- period Rotating Schedule with one late start day a week for Professional Learning Communities (PLC); 2 lunches

Eight courses run for the full year; classes rotate and each class meets three times a week for 80-minute class periods or a total of 240 minutes per week.

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|-------------------------------|------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|------------------------------|-----------------------------------|
| Period 1 7:40 – 9:00 | | Period 2 7:40 – 9:00 | | PLC 7:15 – 8:45 | | Period 2 7:40 – 9:00 | | Period 1 7:40 – 9:00 | |
| Period 3 9:05 – 10:25 | | Period 4 9:05 – 10:25 | | Period 1 8:55 – 10:25 | | Period 4 9:05 – 10:25 | | Period 2 9:05 – 10:25 | |
| Lunch A 10:25- 11:00 | Period 5 10:30 – 11:50 | Lunch A 10:25 – 11:00 | Per 6 10:30- 11:50 | Lunch A 10:25 – 11:00 | Per 3 10:30 – 11:50 | Lunch A 10:25 – 11:00 | Per 3 10:30- 11:50 | Lunch 10:25 – 11:00 | Per. 4 10:30 – 11:50 |
| Per 5 11:00 – 12:20 | Lunch B 11:50 – 12:25 | Per 6 11:00 – 12:20 | Lunch B 11:50 – 12:25 | Per 3 11:00 – 12:20 | Lunch B 11:50 – 12:25 | Per 3 11:00 – 12:20 | Lunch B 11:50 – 12:25 | Per 4 11:00 – 12:20 | Lunch B 11:50 – 12:25 |
| Period 7 12:25 – 1:45 | | Period 5 12:25 – 1:45 | | Period 6 12:25 – 1:45 | | Period 5 12:25 – 1:45 | | Period 6 12:25 – 1:45 | |
| Period 8 1:50 – 3:10 | | Period 7 1:50 – 3:10 | | Period 8 1:50 – 3:10 | | Per 7 1:50 – 3:10 | | Per 8 1:50 – 3:10 | |
| | | | | | | | | | |

West Morris Mendham High School

West Morris Regional High School District
Mendham, New Jersey

8-Period Modified Rotating Block Drop two

Classes rotate within either a morning band of classes OR an afternoon band of classes

Two of the 8 classes are “dropped” each day;

Every class is offered 3 times over a four-day period.

Students take 6 classes a day, but earn up to 8 credits a year.

| | Day 4 | Day 3 | Day 2 | Day 1 |
|--------------------|----------|----------|----------|----------|
| 7:40 – 8:39 a.m. | Period 4 | Period 3 | Period 2 | Period 1 |
| 8:44 – 9:42 a.m. | Period 1 | Period 4 | Period 3 | Period 6 |
| 9:47-10:45 a.m. | Period 2 | Period 1 | Period 4 | Period 7 |
| 10:45 – 11:31 a.m. | Lunch | | | |
| 11:31 – 12:29 p.m. | Period 8 | Period 7 | Period 6 | Period 5 |
| 12:34- 1:32 p.m. | Period 5 | Period 8 | Period 7 | Period 6 |

| | | | | |
|-----------------|----------|----------|----------|----------|
| 1:37- 2:35 p.m. | Period 6 | Period 5 | Period 8 | Period 7 |
|-----------------|----------|----------|----------|----------|

Franklin High School

Franklin Township Public Schools
Somerset, New Jersey

2013-2014 was Franklin’s first school year on the modified 8-period rotating drop 2 bell schedule. Among other advantages to the new bell schedule, Franklin cited the following:

- Additional instructional time per class meeting
- Less detrimental if a student is absent due to illness
- Students will not miss the same class if they leave for athletics, field trips, or co-curricular initiatives

2013-2014 Bell Schedule

| | A Day (drop 4 & 8) | B Day (Drop 1 & 5) | C Day (Drop 2 & 6) | D Day (Drop 3 & 7) |
|---|--|--|--|--|
| 7:27 – 8:31 64 minutes <i>(includes announcements)</i> | 1 | 2 | 3 | 4 |
| 8:35 – 9:34 59 minutes | 2 | 3 | 4 | 1 |
| 9:38-10:37 59 minutes | 3 | 4 | 1 | 2 |
| 10:41 – 12:19 Class/Lunch Class 1 – 10:41-11:40; Class 2: 10:41-11:11 & 11:50-12:19; Class 3: 11:20-12:19) 98 minutes | 5 | 6 | 7 | 8 |
| 12:23 – 1:22 59 minutes | 6 | 7 | 8 | 5 |
| 1:26 – 2:28 62 minutes <i>(includes announcements)</i> | 7 | 8 | 5 | 6 |
| | Lunch 1: 10:41 – 11:11 Lunch 2: 11:15 – 11:45 Lunch 3: 11:49 – 12:19 | Lunch 1: 10:41 – 11:11 Lunch 2: 11:15 – 11:45 Lunch 3: 11:49 – 12:19 | Lunch 1: 10:41 – 11:11 Lunch 2: 11:15 – 11:45 Lunch 3: 11:49 – 12:19 | Lunch 1: 10:41 – 11:11 Lunch 2: 11:15 – 11:45 Lunch 3: 11:49 – 12:19 |

CCASN Note: Something of interest in our research was how “regionalized” bell schedules are in our country. For example, when Franklin High School in New Jersey was considering the move

from a traditional eight-period day to an eight period drop rotation bell schedule, they found many other high schools in their State that had already done so. The schools already on an eight period drop rotation included: Chatham, Meddham, Livingston, Northern Valley Regional, Governor Livingston, Ridgewood, Madison, Cherry Hill, Morristown, Hackettstown, Egg Harbor Township, Randolph, Highland Park, Paramus, West Morris, West Windson-Plainsboro, Hopewell Valley, Lawrence, Phillipsburg, Mainland Regional, Kinneton, River Dell, North Brunswick, Verona, Ocean City, and West Orange..

When Franklin High School researched bell schedules in their own Somerset Country, they found that all of them enabled students to complete 8 or more credits each year.

- Bernards – 9 periods
- Bound Brook – 11 periods
- Bridgewater-Raritan – 9 periods
- Manville – Traditional Block (4x4 block)
- Montgomery – AB Block
- Hillsborough – 10 periods
- North Plainfield – 9 period
- Ridge – 9 period
- Watchung Hills – Rotating Drop
- Somerville – 8 period
- Franklin – 8 period A1

Similarly, there are states in which the trimester system is most popular. There are other States or regions where the 4x4 or 4x4 hybrid is most common. And still others where 7-period or 7-period A/B reigns OR where the six-period bell schedule is the most common.

Wissahickon High School

Wissahickon School District
Amber, Pennsylvania

8 periods with a 6-Day Modified block rotation with 2 48-minute I&E periods (Intervention & Enrichment) periods every 6-day cycle AND 3 lunch periods daily.

Students take eight classes in a six-day rotation. Each course is offered four times in the six-day cycle – three 58-minute periods and one 80-minute period.

Two 48-minute I&E periods (intervention and enrichment periods) allow students to “explore new areas of interest and get help they need.”

Days 1 – 4

| |
|-----------------------------------|
| Session 1 (58 min) 7:37 – 8:35 |
| Homeroom (12 min) 8:39 – 8:51 |
| Session 2 (58 min) |

| | | |
|---------------------------------------|--------------------------------------|----------------------------------|
| 8:55 – 9:53 | | |
| Session 3 (58 min) 9:57 – 10:55 | | |
| A – Early Lunch (30) 10:59 – 11:29 | Session 5 (58) 10:59-11:57 | Session 5 (58) 10:59 – 11:57 |
| Session 5 (58) | B – Mid –Lunch (30) 12:01 – 12:31 | Session 6 (58) 12:01 – 12:59 |
| Session 6 (58) 12:36 – 1:33 | Session 6 (58) 12:35 – 1:33 | C-Late-Lunch (30) 1:03 – 1:33 |
| Session 7 (58 min) 1:37 – 2:35 | | |

Note – There is no Session #4

Days 5 - 6

| | | |
|---|------------------------------------|-----------------------------------|
| Session 1/Homeroom (80 min) 7:37 – 8:57 | | |
| Session 2 (80 min) 9:01 – 10:21 | | |
| Session 3 – IE Period (48 min) 10:25 – 11:13 | | |
| A – Early Lunch (30) 11:17 – 11:47 | Session 5/6 (38) 11:17-11:55 | Session 5/6 (80) 11:17 – 12:37 |
| Session 5/6 (80) 11:51 – 1:11 | B – Mid –Lunch (30) 11:59-12:29 | |
| | Session 5/6 (38) 12:33 – 1:11 | C-Late-Lunch (30) 12:41 – 1:11 |
| Session 7 (80 min) 1:15 – 2:35 | | |

Other bell schedules include: Schedule A (half-day); Schedule B – Odd courses meet - modified Day 5, no IE session 3; Schedule C – Even Courses meet – modified Day 6, no IE session 3, One Hour Delay, Two-hour Delay.

In addition, some juniors and seniors are bussed to the Technical Career Center for either a.m. or p.m. sessions.

We will continue to update the bell schedule resources in the CCASN Master Schedule Guide. If you are aware of a bell schedule that supports student learning and achievement and includes innovations in the use of time or know someone we should talk with about a particular District or school bell schedule, please share your bell schedule examples and resources with Patricia Clark (patricia510@gmail.com) and/or Phil Saroyan (jp9@jps.net) from the College and Career Academy Support Network at the University of California Berkeley, Graduate School of Education. Thank you.