SAN FRANCISCO
UNIVERSITY
HIGH SCHOOL

DECODING TIME

We value time at UHS, and we're always trying to improve how we use it. Study after study shows that a vast majority of adolescents need more sleep. In response to this research, we pushed the start time of the school day back thirty to sixty minutes, and reduced the number of classes each day. Longer class blocks allow for deeper learning, and we have time set aside for meetings with teachers and peers, or just to take a break.

UHS Lingo

ASM - All School Meeting: A weekly time for the entire school community to come together for announcements, performances and celebrations.

Cluster: Weekly time for students to gather with their mentor and cluster.

HD - Human Development: Experimental and project-based learning environment that supports the overall cognitive, social and emotional development of each student.

Meetings: Time for students to meet with faculty, collaborate, rest, plan, etc.

Faculty: Time for the faculty to meet — students can sleep in!

UHS DAILY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FACULTY (8:00-8:30)	**FACULTY** (8:00-8:30)	**FACULTY** (8:00-9:00)	**FACULTY** (8:00-9:00)	**FACULTY** (8:00-9:00)
1 (8:30-9:50)	**4** (8:30-9:50)			
		2 (9:00-10:00)	**5** (9:00-10:00)	**3** (9:00-9:50)
ASM (9:50-10:40)	**5** (10:00-11:20)	**MEETINGS** (10:00-10:45)	**6** (10:10-11:10)	**CLUSTER** (9:50-10:35)
2 (10:40-12:00)		**1** (10:45-11:45)		**MEETINGS** (10:35-11:05)
				4 (11:05-11:55)
	LUNCH (11:20-12:10)		**HD** (11:20-12:10)	
		LUNCH (11:45-12:35)		**LUNCH** (11:55-12:40)
LUNCH (12:00-12:50)	**HD** (12:10-1:00)		**LUNCH** (12:10-12:55)	
		3 (12:35-1:35)		**6** (12:40-1:30)
MEETINGS (12:50-1:40)			**1** (12:55-1:45)	
	6 (1:10-2:30)			
3 (1:40-3:00)		**4** (1:45-2:45)		**5** (1:40-2:30)
			2 (1:55-2:45)	
	MEETINGS (2:30-3:30)			**FACULTY** (2:30-3:30)
		MEETINGS (2:45-3:30)	**MEETINGS** (2:45-3:30)	
MEETINGS (3:00-3:30)				