



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.

Flex: 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.

Clubs & Affinity Spaces: Time set aside to ensure students are gathering in student-directed spaces to build community and further our work in equity & belonging.

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

UHS DAILY SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FACULTY		FACULTY		FACULTY		FACULTY		FACULTY	
1A 8:30-8:50		4A 8:30-8:50							
1 8:30-9:50		4 8:30-9:50		2 9:00-10:00		5 9:00-10:00		3 8:45-9:35	
2 10:00-11:20		5 10:00-11:20		1 10:10-11:10		6 10:10-11:10		4 9:45-10:35	
2A 11:00-11:20		5A 11:00-11:20						CLUSTER 10:45-11:30	
LOWER LUNCH 11:20-11:55	MEETINGS 11:20-11:55	LOWER LUNCH 11:20-12:15	FLEX A 11:20-12:15	LOWER LUNCH 11:10-11:45	MEETINGS 11:10-11:45	LOWER LUNCH 11:10-12:05	FLEX C 11:10-12:05	LOWER LUNCH 11:30-12:05	MEETINGS 11:30-12:05
MEETINGS 11:55-12:25	UPPER LUNCH 11:55-12:25			MEETINGS 11:45-12:20	UPPER LUNCH 11:45-12:20				
CLUBS & AFFINITY SPACES 12:25-1:00		FLEX B 12:15-1:10	UPPER LUNCH 12:15-1:10	3 12:20-1:20		FLEX D 12:05-1:00	UPPER LUNCH 12:05-1:00	MEETINGS 12:05-12:40	UPPER LUNCH 12:05-12:40
ALL SCHOOL MEETING (ASM) 1:00-1:35								6 12:40-1:30	
		6 1:10-2:30							
3 1:40-3:00		6A 2:10-2:30		4 1:30-2:30		1 1:00-1:50			
3A 2:40-3:00		MEETINGS 2:30-3:30		MEETINGS 2:30-3:30		2 2:00-2:50		5 1:40-2:30	
FACULTY						MEETINGS 2:50-3:30		FACULTY	