ST. JOSEPH'S
COLLEGIATE INSTITUTE

The Bell Schedule: Explained

A SCHEDULE THAT SUPPORTS SUCCESS

1. **Extended Class Periods**: With 56-minute classes, there's more time to dive deeper into each subject, whether it's having lively discussions, conducting experiments or exploring big ideas. And with fewer classes each day, students get more focused learning and fewer rushed transitions.
2. **10-Day Cycle**: The new schedule follows a 10-day cycle, with classes rotating throughout each day. This kind of schedule gives students the chance to learn at different times, which research shows can help with focus and retention.
3. **Extra Help Time**: Once every cycle, students get an extra 30-minute block for each of their classes built into the schedule. It's a chance to connect with teachers, ask questions and get extra help without having to stay after school or juggle other commitments.
4. **Daily Breaks**: After the first two periods, everyone takes a 15-minute break. Studies show that short breaks help students feel less stressed and stay more focused, so it's a win for learning and well-being.
5. **Community Time**: Each week, students come together for Community Time, a chance to step outside the classroom and experience something new. From Masses and prayer services to guest speakers, class competitions and life skills.