

Valley Oak Middle School 2025-2026 Bell Schedule

The regular school day starts at 8:20 AM (9:00 AM on Mondays) and ends at 3:20 PM

Mondays (Late Start)			
<i>Schedule Starts on 8/18/25</i>			
	Start	End	Minutes
Period 0	7:15 AM	8:00 AM	45
PLC	8:05 AM	8:55 AM	50
Homeroom	9:00 AM	9:33 AM	33
Period 1	9:33 AM	10:12 AM	39
Period 2	10:16 AM	10:55 AM	39
7th Grade Break	10:55 AM	11:05 AM	10
Period 3	11:09 AM	11:48 AM	39
Period 3	10:59 AM	11:38 AM	39
8th Grade Break	11:38 AM	11:48 AM	10
Period 4	11:52 AM	12:31 PM	39
7th Grade Lunch	12:31 PM	1:11 PM	40
Period 5	1:15 PM	1:54 PM	39
Period 5	12:35 PM	1:14 PM	39
8th Grade Lunch	1:14 PM	1:54 PM	40
Period 6	1:58 PM	2:37 PM	39
Period 7	2:41 PM	3:20 PM	39

Regular Bell Schedule (Tuesday, Wednesday, Thursday, Friday)			
<i>Schedule Starts on 8/14/25</i>			
	Start	End	Minutes
Period 0	7:15 AM	8:05 AM	50
Period 1	8:20 AM	9:12 AM	52
Period 2	9:16 AM	10:05 AM	49
7th Grade Break	10:05 AM	10:15 AM	10
Period 3	10:19 AM	11:08 AM	49
Period 3	10:09 AM	10:58 AM	49
8th Grade Break	10:58 AM	11:08 AM	10
Period 4	11:12 AM	12:01 PM	49
7th Grade Lunch	12:01 PM	12:41 PM	40
Period 5	12:45 PM	1:34 PM	49
Period 5	12:05 PM	12:54 PM	49
8th Grade Lunch	12:54 PM	1:34 PM	40
Period 6	1:38 PM	2:27 PM	49
Period 7	2:31 PM	3:20 PM	49

Monday Minimum Day (Staff Development) - Homeroom			
<i>9/15/25, 10/20/25, 12/8/25, 1/26/26, 3/16/26, 5/4/26</i>			
	Start	End	Minutes
Period 0	7:15 AM	8:00 AM	45
PLC	8:05 AM	8:55 AM	50
Homeroom	9:00 AM	9:23 AM	23
Period 1	9:27 AM	9:49 AM	22
Period 2	9:53 AM	10:15 AM	22
7th Grade Break	10:15 AM	10:25 AM	10
Period 3	10:29 AM	10:51 AM	22
Period 3	10:19 AM	10:41 AM	22
8th Grade Break	10:41 AM	10:51 AM	10
Period 4	10:55 AM	11:17 AM	22
7th Grade Lunch	11:17 AM	11:57 AM	40
Period 5	12:01 PM	12:41 PM	40
Period 5	11:21 AM	12:01 PM	40
8th Grade Lunch	12:01 PM	12:41 PM	40
Period 6	12:45 PM	1:07 PM	22
Period 7	1:11 PM	1:30 PM	19