

## South Albany High School Bell Schedule

There are 5 slightly different schedules of the day with a class that rotates through the first 4 periods of the day. While it may seem a bit confusing at first look, it is really quite simple. All students have 7 classes in a 6 class hour daily schedule. Class length is 56 minutes, which educational research supports, and it provides a daily tutorial period for students to access their instructors for assistance.

NOTE: 0 Period meets each day, 6:48 – 7:33 AM

### South Albany High School Daily Bell Schedule

<b>Time</b>	<b>Activity</b>	<b>Grey Day</b>	<b>White Day</b>	<b>Early Release</b>	<b>Red Day</b>	<b>Pride Day</b>
6:50 – 7:35	0 Hour	0 Period	0 Period	0 Period	0 Period	0 Period
7:40 – 8:35	1 <sup>st</sup> Hour	Rover (7 <sup>th</sup> )	1 <sup>st</sup> Period	1 <sup>st</sup> Period	1 <sup>st</sup> Period	1 <sup>st</sup> Period
8:40 – 9:35	2 <sup>nd</sup> Hour	2 <sup>nd</sup> Period	Rover (7 <sup>th</sup> )	2 <sup>nd</sup> Period	2 <sup>nd</sup> Period	2 <sup>nd</sup> Period
9:35 – 9:50	Breakfast/Break	Breakfast/Break	Breakfast/Break	Breakfast/Break	Breakfast/Break	Breakfast/Break
9:50 – 10:45	3 <sup>rd</sup> Hour	3 <sup>rd</sup> Period	3 <sup>rd</sup> Period	3 <sup>rd</sup> Period	Rover (7 <sup>th</sup> )	3 <sup>rd</sup> Period
10:50– 11:45	4 <sup>th</sup> Hour	4 <sup>th</sup> period	4 <sup>th</sup> period	4 <sup>th</sup> period	4 <sup>th</sup> period	Rover (7 <sup>th</sup> )
11:50- 12:20	Tutorial/Ext. Lunch	Tutorial or Ext. Lunch	Tutorial or Ext. Lunch	PRIDE	Tutorial or Ext. Lunch	Tutorial or Ext. Lunch
12:20- 12:55	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:55- 1:50	5 <sup>th</sup> Hour	5 <sup>th</sup> Period	5 <sup>th</sup> Period	5 <sup>th</sup> Period	5 <sup>th</sup> Period	FLEX
1:55- 2:50	6 <sup>th</sup> Hour	6 <sup>th</sup> Period	6 <sup>th</sup> Period	Early Release	6 <sup>th</sup> Period	6 <sup>th</sup> Period