

Grade 10 – 12
2014 – 2015 Schedule

Grades 10-12

8:10	Block 1
9:40	
9:45	Block 2
11:15	
11:15	Lunch
11:55	
11:55	Block 3
1:25	
1:30	Block 4
3:00	

Nutrition

It is very important that students bring a healthy snack for their breaks. School blocks are 90 minutes and nutrition is vital to learning - hungry students don't learn well.

Lunch

All students in grade 10 - 12 are encouraged to stay for lunch. We will have a healthy delicious lunch catered every day or students are welcome to bring their lunch from home.

School Activities and Clubs

There will be many choices for school clubs and activities – not just teams! Students are encouraged to join these clubs and have some fun!

Team Sports

Students are encouraged join our school teams! Go Northern Knights! Practices for high school teams will start at 4:30. Students need to work in a classroom under the supervision of a teacher until 4:30 or go home and come back for practice.