

## George Waters Middle School Balanced School Day

<b>8:30 - 9:20</b>	50 mins	Period 1
<b>9:20 - 10:10</b>	50 mins.	Period 2
<b>10:10 - 10:40</b>	30 mins.	Morning Nutrition and Activity Break
<b>10:40 - 11:00</b>	20 mins.	<i>Sharks Numeracy Skills</i>
<b>11:00 - 11:55</b>	55 mins.	Period 3
<b>11:55 - 12:50</b>	55 mins.	Period 4
<b>12:50 - 1:25</b>	35 mins.	Afternoon Nutrition and Activity Break
<b>1:25 - 1:45</b>	20 mins.	<i>All Sharks Read</i>
<b>1:45 - 2:30</b>	45 mins.	Period 5
<b>2:30 - 3:20</b>	50 mins.	Period 6

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