



# BELL SCHEDULES

7 PERIOD	
Zero-Hour	7:05 a.m. – 7:50 a.m.
Period 1	7:55 a.m. – 8:40 a.m.
Period 2	8:45 a.m. – 9:30 a.m.
All-School Prayer	9:30 a.m. – 9:35 a.m.
Period 3	9:40 a.m. – 10:25 a.m.
Period 4	10:30 a.m. – 11:15 a.m.
Lunch (Jr/Sr)	11:20 a.m. – 11:45 a.m.
FLEX (Fr/So)	
Lunch (Fr/So)	11:50 a.m. – 12:15 p.m.
FLEX (Jr/Sr)	
Period 5	12:20 p.m. – 1:05 p.m.
Period 6	1:10 p.m. – 1:55 p.m.
Period 7	2:00 p.m. – 2:45 p.m.

MASS SCHEDULE	
Zero Hour	7:15 a.m. – 7:50 a.m.
Period 1	7:55 a.m. – 8:28 a.m.
Period 2	8:33 a.m. – 9:06 a.m.
Mass	9:06 a.m. – 10:35 a.m.
Period 3	10:40 a.m. – 11:13 a.m.
Lunch (Jr/Sr)	11:18 a.m. – 11:43 a.m.
FLEX (Fr/So)	
Lunch (Fr/So)	11:48 a.m. – 12:13 p.m.
FLEX (Jr/Sr)	
Period 4	12:18 p.m. – 12:51 p.m.
Period 5	12:56 p.m. – 1:29 p.m.
Period 6	1:34 p.m. – 2:07 p.m.
Period 7	2:12 p.m. – 2:45 p.m.

4 PERIOD BLOCK	
Zero-Hour	7:05 a.m. – 7:50 a.m.
Period 1	7:55 a.m. – 9:15 a.m.
All-School Prayer	9:15 a.m. – 9:20 a.m.
Period 2	9:25 a.m. – 10:45 a.m.
Lunch (Jr/Sr)	10:50 a.m. – 11:20 a.m.
FLEX (Fr/So)	
Lunch (Fr/So)	11:25 a.m. – 11:55 a.m.
FLEX (Jr/Sr)	
Period 3	12:00 p.m. – 1:20 p.m.
Period 4	1:25 p.m. – 2:45 p.m.

ASSEMBLY SCHEDULE	
Zero Hour	7:15 a.m. – 7:50 a.m.
Period 1	7:55 a.m. – 8:35 a.m.
Period 2	8:40 a.m. – 9:20 a.m.
All-School Prayer	9:20 a.m. – 9:25 a.m.
Period 3	9:30 a.m. – 10:10 a.m.
Assembly	10:15 a.m. – 10:45 a.m.
Lunch (Jr/Sr)	10:50 a.m. – 11:15 a.m.
FLEX (Fr/Sop)	
Lunch (Fr/So)	11:20 a.m. – 11:45 a.m.
FLEX (Jr/Sr)	
Period 4	11:50 a.m. – 12:30 p.m.
Period 5	12:35 p.m. – 1:15 p.m.
Period 6	1:20 p.m. – 2:00 p.m.
Period 7	2:05 p.m. – 2:45 p.m.

3 PERIOD BLOCK (LATE START)	
Zero-Hour	8:30 a.m. – 9:15 a.m.
Period 5	9:20 a.m. – 10:40 a.m.
All-School Prayer	10:40 a.m. – 10:45 a.m.
Lunch (Jr/Sr)	10:50 a.m. – 11:20 a.m.
FLEX (Fr/So)	
Lunch (Fr/So)	11:25 a.m. – 11:55 a.m.
FLEX (Jr/Sr)	
Period 6	12:00 p.m. – 1:20 p.m.
Period 7	1:25 p.m. – 2:45 p.m.

## What is FLEX Period?

Flex period is a new time slot in the day of each Providence student, opposite lunch. Unlike the old TDT, it is not tied to a class. Flex periods are assigned by year in school - juniors and seniors will eat lunch first while freshmen and sophomores have flex, and then the groups will switch. Flex is a bit like a study hall (but only 25-minutes long), and it has resulted in fewer students signing up for study hall and allowed students to take more classes.

Students in flex period can study, do schoolwork, read, rest, sleep, or use phones/laptops (with air pods/headphones). Food, drink, noise, and games are not allowed in flex rooms, and students are not allowed to distract others in their room.

On an as available basis, students in need may leave flex (after reporting for attendance and with the flex teacher's permission) and go to Math or English teachers free at that time for assistance.