

Upper Middle Rhythm In EST time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30- 8:55	Breakfast Bunch- Lime time	Breakfast Bunch- Lime time	Breakfast Bunch- Lime time	Breakfast Bunch- Lime time	
8:55- 9:25 am	Morning Meeting SEL	Morning Meeting SEL	Morning Meeting SEL	Morning Meeting SEL	Finish anything on HW Chart
9:25- 10:00 am	Foreign Language	Foreign Language	Foreign Language	Foreign Language	Finish anything on HW Chart
10:00- 11:00 am	Math	Science	Math	Newspaper/ Yrbk/ Digital Design	Finish anything on HW Chart
11:00- 11:10 am	PE- Movement snack Break	PE- Movement/ snack Break	PE- Movement/ snack Break	PE- Movement/ snack Break	Field Trips Co-op
11:10- 12:00 pm	SLE/ MCL	ELA	ELA	Choice Academy	Field Trips Co-op
12:00 -12:40	Portfolio design & creation	ELA	ELA	Past Present	Field Trips Co-op
12:40- 12:50	HW Chart	HW Chart	HW Chart	HW Chart	Field Trips Co-op
12:50- 1:30 pm	Lunch Bunch	Lunch Bunch	Lunch Bunch	Lunch Bunch	Field Trips Co-op
1:30- 2:20 pm	Study Buddy Newspaper Yearbook	Study Buddy Math or ELA	Music, Art and Outdoor Ed	Study Buddy MCL/ SLE & Science	Field Trips Co-op
	Upload HW from above	Upload HW from above	Upload HW from above	Upload HW from above	Field Trips Co-op
2:20- 3:30 pm	Rain, Snow or Shine - Get Outside	Rain, Snow or Shine - Get Outside	Rain, Snow or Shine - Get Outside	Rain, Snow or Shine - Get Outside	Field Trips Co-op
3:30- 4:30 pm	Extra Math Practice	Extra ELA/ Writing/ Research	Extra Math Practice	Extra ELA/ Writing/ Research	Field Trips Co-op
4:30- 5:00 pm	Music and/or Foreign Lang Practice	Music and/or Foreign Lang Practice	Music and/or Foreign Lang Practice	Music and/or Foreign Lang Practice	Field Trips Co-op
	Purple- Parent Choice	Black- Attendance taken	Blue- Student Led/ social time- attendance encouraged not required		
* This year in the MCL block we will have:			A couple of changes in 24/25		
1. A study of the Holocaust with a guest survivor speaker from the Museum of Jewish Heritage			1. Test taking skill and preparations will begin to be integrated		
2. Chelsea will be back again with part 2 of healthy relationships			2. Attendance will be taken in all classes and integrated into the Whole Child Reports		
3. Drug Alcohol Nicotine prevention course			3. You student will have a portfolio of their work at the end of the year.		
4. Guest speaker: Oral storytelling- integral to First Nation's history and culture.			4. 'Portfolio Design,' will prepare students for the task of creating research based		
5. How Media and marketing target you-th			assignments, fostering critical thinking, and will empower them to showcase their work		
6. Nourishing nutrition			through a comprehensive portfolio, highlighting their achievements, growth and		
7. Accessing higher brain functions			work samples over the year.		
8. And Many MORE...			5. Often students come to MM wanting to eat breakfast and socialize together		
Parents welcome to attend			which is wonderful however it cuts into MM time. Hence the addition of Breakfast Bunch-		
			Lime time. A time for students to eat and socialize before MM starts. Key here is to		
* Mentor Project Maybe during one lunch bunch OR Weekend/ afterschool			eat BEFORE morning meeting =)		
			6. At Open House August 26th each teacher will share their syllabus with parents		
			7. Study buddy is optional EXCEPT in the case of a student needing to get caught up		