

# Student Bell Schedule: Six Period Day

Folsom High School, Folsom Middle School, Kinney High School, Mills Middle School, Mitchell Middle School,  
Prospect Community Day School, Sutter Middle School

## MONDAY

Check-In with each class  
Synchronous and asynchronous learning

9:15-9:35	1st Period (20 min.)
9:40-10:00	2nd Period (20 min.)
10:05-10:25	3rd Period (20 min.)
10:25-10:40	Break
10:40-11:00	4th Period (20 min.)
11:05-11:25	5th Period (20 min.)
11:30-11:50	6th Period (20 min.)
11:50-3:00	Lunch & Asynchronous Learning

## TUESDAY, WEDNESDAY, THURSDAY, FRIDAY

Longer synchronous learning time with asynchronous learning at  
the end of the day

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:15	0 Period (45 min.)*	0 Period (45 min.)*	0 Period (45 min.)*	0 Period (45 min.)*
8:30-9:30	1st Period (60 min.)	4th Period (60 min.)	1st Period (60 min.)	4th Period (60 min.)
9:40-10:10	Advisory (30 min.)	Advisory (30 min.)	Advisory (30 min.)	Advisory (30 min.)
10:20-11:20	2nd Period (60 min.)	5th Period (60 min.)	2nd Period (60 min.)	5th Period (60 min.)
11:30-12:00	Student Activities/Intervention	Student Activities/Intervention	Student Activities/Intervention	Student Activities/Intervention
12:00-1:00	Lunch	Lunch	Lunch	Lunch
1:00-2:00	3rd Period (60 min.)	6th Period (60 min.)	3rd Period (60 min.)	6th Period (60 min.)
2:00-3:30	Asynchronous Learning	Asynchronous Learning	Asynchronous Learning	Asynchronous Learning
Total Instructional Minutes	Mondays: 120 Synchronous / 130 Asynchronous Tuesdays – Fridays: 210 Synchronous 90 Asynchronous each day * Zero Period is optional for students			