



FRCS 2011-2012 Bell Schedule

The Foxborough Regional Charter School schedule is designed to provide students with large blocks of instructional time while still offering the flexibility for students to explore a number of arts and electives throughout the school week. While the schedule is a K-12 schedule, the bells primarily apply to middle and high school (grades 5-12). Elementary (K-4) only utilizes these blocks of time for specials (intensive instruction, arts, PE, music, Spanish, health and lunch) otherwise elementary instruction is not driven by bells or set blocks.

The FRCS schedule is a 6x6 schedule. This means that each day, students have 6 blocks of instruction (Blocks A, B, C, D, E & F) and that there are 6 “days” in the week (Day 1, 2, 3, 4, 5, 6). Each day, the blocks simply rotate by one so that a student never has the same class at the beginning or end of the day or after lunch, etc. For most students, each block represents a subject or course. *For example: Block A may be a students’ math course. Therefore, every time you see “A-Block”, the student goes to math. “B-Block” may be English or Spanish and so on.* Students are reminded what “day” it is each morning through signs and morning announcements (ie: a day “1” or day “6”). In the event of a “snow day”, we simply continue with the rotation on the next day of school (ie: if a day “1” is canceled for snow on a Tuesday and we return to school on a Wednesday, we have day “1” on that Wednesday.) This ensures that students don’t miss a disproportionate number of classes due to snow.

Most courses meet 5 times per week in the 6x6 rotation. Therefore, that “6th” block of time is reserved for courses such as Arts, or PE or Academic Enrichment. *For example: Spanish meets 5 times per week in grade 7. If it meets during “A-Block” on a student’s schedule, the student will have Spanish during “A-Block” for 5 of the 6 days. However, on the 6th “A-Block”, the student might have Art or PE instead.* A complete breakdown of instructional blocks/time for all subjects K-12 is included on page 5. Please note that elementary grades measure instructional time in hours and middle and high school grades measure instructional time in ‘periods’ (blocks of 55 minutes).

Lastly, 4 lunches are served daily at FRCS. Lunch times for all students, K-12 are included on page 6.

FRCS Middle/High School Bell Schedule

<i>6 Period, 6 Day Rotation: 36 blocks (each letter = one "subject")</i>							
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Times	Minutes
Homeroom						7:45 - 7:57	12
A	B	C	D	E	F	8:00 - 8:55	55
B	C	D	E	F	A	8:58 - 9:53	55
C	D	E	F	A	B	9:56 - 10:51	55
9-12 Lunch (6-8 AE, Achievement Teams & Clubs opposite)						10:54 - 11:18	24
6-8 Lunch (9-12 AE, Achievement Teams, & Clubs opposite)						11:22 - 11:46	24
D	E	F	A	B	C	11:49 - 12:44 Lunch for K-2 & 3-5	55
E	F	A	B	C	D	12:47 - 1:42	55
F	A	B	C	D	E	1:45 - 2:40	55
Afterschool Homeroom & Extra Help						2:45 - 3:27	43
Afterschool Programs (Academic Enrichment, Clubs, etc.)						3:30 - 4:20	50
Late Bus (Monday - Thursday)						4:30	NA

Middle/High School Early Release Schedule

6 Period, 6 Day Rotation: 36 blocks (each letter = one "subject")							
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Times	Minutes
Homeroom						7:45 - 7:57	12
A	B	C	D	E	F	8:00 - 8:55	55
B	C	D	E	F	A	8:58 - 9:53	55
C	D	E	F	A	B	9:56 - 10:51	55
9-12 Lunch (6-8 AE, Achievement Teams & Clubs opposite)						10:54 - 11:18	24
6-8 Lunch (9-12 AE, Achievement Teams, & Clubs opposite)						11:22 - 11:46	24
D	E	F	A	B	C	11:49 - 12:44 (dismiss) Lunch for K-2 & 3-5	55
Afterschool Homeroom & Extra Help						NA	
Afterschool Programs (Academic Enrichment, Clubs, etc.)						NA	
Late Bus (Monday - Thursday)						NA	

Lunches for all grades remain the same for late start and early dismissal days

Middle/High School Late Start Schedule

6 Period, 6 Day Rotation: 36 blocks (each letter = one "subject")							
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Times	Minutes
Homeroom						9:40 - 9:53 (start time)	13
C	D	E	F	A	B	9:56 - 10:51	55
9-12 Lunch (6-8 AE, Achievement Teams & Clubs opposite)						10:54 - 11:18	24
6-8 Lunch (9-12 AE, Achievement Teams, & Clubs opposite)						11:22 - 11:46	24
D	E	F	A	B	C	11:49 - 12:44 Lunch for K-2 & 3-5	55
E	F	A	B	C	D	12:47 - 1:42	55
F	A	B	C	D	E	1:45 - 2:40	55
Afterschool Homeroom & Extra Help						2:45 - 3:27	43
Afterschool Programs (Academic Enrichment, Clubs, etc.)						3:30 - 4:20	50
Late Bus (Monday - Thursday)						4:30	NA

Lunches for all grades remain the same for late start and early dismissal days

	FRCS instructional time in each subject per week (week = 6 day cycle)												
	Elementary School Grades					Middle School Grades				High School Grades			
Subject/Course	K	1	2	3	4	5	6	7	8	9	10	11	12
ELA (Reading/Writing)	12	12	12	12	12	7	7	7	7	6	6	5	5
Mathematics	7	7	7	7	7	7	7	7	7	6	6	5	5
Science	3	3	3	3	3	5	5	5	5	5	5	5	5
History/Social Studies	3	3	3	3	3	5	5	5	5	5	5	5	5
Spanish	3	4	4	5	5	5	5	5	5	5	5	5	5
Art	1	1	1	1	1	2 (1 term)	Rotating Integrated Arts Block 3x/week			Rotating Integrated Arts Block 3x/week			
Health	n/a	n/a	1x	n/a	1	2 (1 term)							
PE	1	3 (term 2)	3 (term 2)	2 (term 3)	3 (term 3)	2 (1 term)							
Computers	n/a	1	1	1	1	1							
Music	1	1	1	1	1	n/a							
CSL	Integrated into instruction					1	1	1	1	Integrated into Class Council			
Elective Period	NA					NA				5	5	5	5
Full Period AE	NA					1	2	2	2	1	1	1	1
Double Block of Science	NA					1	1	1	1	0	0	1	1
College Advising	NA					NA				0	0	1	1
Achievement Teams						25 minutes/week				25 minutes/week		0	0
Rest/Other Instruction	5	4	4	3	2	na	na	na	na	na	na	na	na

NOTE: Elementary grades are measured in hours of instructional time & middle/high school grades are measured in “periods” or blocks of instructional time. Each period is 55 minutes unless otherwise noted.

FRCS Lunch Schedule:

Our school runs 4 lunches throughout the day. Each lunch includes a group of grade levels.

10:54 – 11:18: Grades 9-12 Lunch

11:22 – 11:46: Grades 6-8 Lunch

11:49 – 12:14: Grades 3-5 Lunch

12:20 – 12:44: Grades K-2 Lunch

In the event of an early release or late start due to inclement weather, lunch will still be served