

**GRADE ONE TIME TABLE 2017-2018**

Time	Mins	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 8:45	15	DEVOTION	DEVOTION	DEVOTION	DEVOTION	DEVOTION
8:45 - 9:15	30	Exploratory Core (Reading)	Exploratory Core (Reading)	Exploratory Core (Reading)	Exploratory Core (Reading)	Exploratory Core (Reading)
9:15 - 9:45	30	Exploratory Core (Language Arts)	Exploratory Core (Language Arts)	Enrichment Window (Physical Ed./Phonics) 1GM/1B Explor. Core (Inte. Stud.) 1T, 1S	Exploratory Core (Language Arts Window)	Exploratory Core (Reading) 1T, 1S, 1GM Enrichment Win. HFLE 1B
9:45 - 10:15	30	Exploratory Core (Inte. Stud.) 1B, 1S, 1GM Enrich. Win. (Guid.) 1T	Exploratory Core (Mathematics Wind). 1T, 1S, 1B Problem-Base Drivers (IT) 1GM	Problem-Based Drivers (IT) 1B Physical Ed./Phonics 1T/1S Explor. Core (Lang. Arts) 1GM	Exploratory Core (Math Win.) 1B, 1GM, 1T Problem-Based Drivers (IT) 1S	Exploratory Core (Integrated Studies)
10:15 - 10:30	15	B	R	E	A	K
10:30 - 11:00	30	Exploratory Core (Language Arts Window)	Exploratory Core (Mathematics Window)	Exploratory Core (Language Arts)	Exploratory Core (Mathematics Window)	Exploratory Core (Mathematics Window)
11:00 - 11:30	30	Exploratory Core (Mathematics Window)	Exp. Core (Int. Stud.) 1T, 1S, 1B (Mathematics Window) 1GM	Enrichment Wind. (Library) 1T Exp. Core (Int. Stu.) 1B, 1GM, 1S	Exploratory Core (Language Arts)	Exploratory Core (Mathematics Window)
11:30 - 12:00	30	Exploratory Core (Mathematics Window)	Exploratory Core (Integrated Stud.) 1T, 1S, 1GM Enrichment Win. (Library) 1B	Exploratory Core (Integrated Stud.) 1B, 1T, 1GM Enrichment Win. (HFLE) 1S	Exploratory Core (L. Arts Window) 1T, 1S, 1B Enrich. Wind. Guidance 1GM	Exploratory Core (Language Arts Window)
12:00 - 1:00	60	L	U	N	C	H
1:00 - 1:30	30	Exploratory Core Integrated Studies	Exploratory Core (Integrated Studies)	Exploratory Core (Mathematics Window)	Enrichment Wind. (HFLE) 1B Explor. Core(Int. St.) 1T, 1GM (Mathematics) 1S	Exploratory Core (Language Arts Window)
1:30 - 2:00	30	Explor. Core (Int. Stud.) 1T, 1S Enrichment Window Guidance 1B Library 1GM	Exploratory Core (Lang. Arts) 1T, 1S, 1GM, 1B	Exploratory Core (Mathematics Window)	Exploratory Core (Integrated Studies)	Creative Expressions (Drama/Music/Dance/Vis. Arts)
2:00 - 2:30	30	Exploratory Core (Integrated Stud.) 1T, 1B, 1GM Enrichment Win. (Guidance) 1S	Enrichment Window (HFLE) 1T Exploratory Core (Integrated Stud.) 1S, 1B, 1GM	Exploratory Core (Integrated Studies) 1T, 1B, 1S Enrichment Win. (HFLE) 1GM	Problem-Based Drivers (IT) 1T Exploratory Core (Integrated Studies) 1B, 1GM Enrichment Wind. (Library) 1S	Exploratory Core (Integrated Studies)
2:30 - 3:00	30	Exploratory Core Integrated Studies	Exploratory Core (Integrated Studies)	Common Planning Time	Exploratory Core (Integrated Studies)	Clubs and Societies

## Home Work Tips:

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Children are more successful in school when parents or guardians take an active interest in their homework — it shows children that what they do is important.

Of course, helping with homework shouldn't mean spending hours hunched over a desk. Parents or Guardians can be supportive by demonstrating study and organization skills, explaining a tricky problem, or just encouraging kids to take a break. And who knows? Parents might even learn a thing or two!

Here are some tips to guide the way:

1. **Get to know the teachers — and what they're looking for.** Attend school events, such as Parent-Teachers Association (PTA) meetings to meet your child's teachers. Ask about the homework policies and how you should be involved.
2. **Set up a homework-friendly area at home.** Make sure children have a well-lit place to complete homework. Keep supplies — paper, pencils, glue, scissors — within reach.
3. **Schedule a regular study time.** Some children work best in the afternoon, following a snack and play period; others may prefer to wait until after dinner.
4. **Help them make a plan.** On heavy homework nights or when there's an especially hefty assignment to tackle, encourage your child to break up the work into manageable chunks. Create a work schedule for the night if necessary — and take time for a 15-minute break every hour, if possible.
5. **Keep distractions to a minimum.** This means no TV, loud music, games or phone calls. (Occasionally, though, a phone call to a classmate about an assignment can be helpful.)
6. **Make sure kids do their own work.** They won't learn if they don't think for themselves and make their own mistakes. Parents can make suggestions and help with directions. But it's a child's job to do the learning.
7. **Be a motivator and monitor.** Ask about assignments, quizzes, and tests. Give encouragement, check completed homework, and make yourself available for questions and concerns.
8. **Set a good example.** Do your kids ever see you diligently balancing your budget or reading a book? Kids are more likely to follow their parents' or guardians' examples than their advice.
9. **Praise their work and efforts.** Post a test that they did well on or an art project on the refrigerator. Mention academic achievements to relatives.
10. **If there are continuing problems with homework, get help.** Talk about it with your child's teacher. Some kids have trouble seeing the board and may need glasses; others might need an evaluation for a learning problem or attention disorder.

Source: <http://kidshealth.org/en/parents/homework.html>