

Schedule Frequently Asked Questions (FAQs)

Why are we starting the school day at 8:30 a.m.?

- The simple answer is that you need more sleep. In June 2016 the [American Academy of Pediatrics](#) issued a Statement of Endorsement for sleep guidelines composed by the American Academy of Sleep Medicine. As published by the AASM, "Teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health." Further, 13-18 year olds who get between 8-10 hours of sleep each night demonstrate "improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health."

Do Wednesdays always start at 9am.?

- Yes. Your teachers will be in meetings from 8:00 - 9:00 on Wednesdays. They are doing their own learning during that time; teachers are open to growth just like you!

Why are periods 70 minutes?

- 70 minute periods will provide the necessary time for 21st century teaching and student-centered learning.

How much homework should I expect each night?

- You should expect 2 - 2.5 hours of homework per night.

What does a "serpentine schedule" mean?

- The progression of classes always proceeds in the same order. The seven academic periods never happen all in one day, so wherever a student left off in the sequence today, he picks up with the next class tomorrow. The sequence snakes through from one day to the next, hence the term 'serpentine.'

What happens to the rotation on a calamity day, e.g. snow day or electric outing?

- That day is simply skipped, and we proceed to the next day in the rotation.
- Extended calamity days may result in moving classes online; check your email twice a day!

What will happen to the Sophomore Service Program?

- The Sophomore Service Program is essential to who we are as a Catholic, Jesuit school. The new schedule maintains the integrity of the schedule and requires minimal adjustments to the program.

Why is there such a long break in the middle of the day?

- We are calling this period of the "Formation Period" -- which includes four parts
 - Advisory
 - Activities
 - Lunch
- The break in the middle of the day will provide you with an extended cognitive break, or "brain break," which is beneficial for your learning.
- The time will ensure that all students -- regardless of carpools, athletic practices, or other responsibilities -- have the opportunity to participate in the extracurricular life of the school and other formation opportunities, e.g. the sacraments, prayer groups, service opportunities, and more.
- While grades 9&10 are having lunch, grades 11&12 will have an activity block featuring clubs, intramurals, and student formation opportunities. The same opportunity works for grades 9&10 while 11&12 are at lunch.
- A new advisory program for all four grades to support their affective needs and provide other formative opportunities will also occur during the lunch period; advisory is a required part of the day and attendance will be taken

What time may I get dropped off on campus?

- Families may drop students off to campus starting at 6:30 a.m.