**MONDAY ONLY**

2022-2023

Helena Middle School

**6th Grade**

|  |  |  |  |
| --- | --- | --- | --- |
| Period 1 | 8:05 | 8:51 |  |
| Period 2 | 8:55 | 9:41 |  |
| Period 3 | 9:45 | 10:31 |  |
| Period 4 | 10:35 | 11:21 |  |
| **Lunch** | 11:21 | 11:41 | Lunch |
| **Recess** | 11:41 | 12:01 | Recess |
| Period 5 | 12:05 | 12:51 |  |
| Period 6 | 12:55 | 1:41 |  |
| Period 7 | 1:45 | 2:05 | Advisor |

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**MONDAY ONLY**

2022-2023

Helena Middle School

**7th & 8th Grade**

|  |  |  |  |
| --- | --- | --- | --- |
| Period 1 | 8:05 | 8:51 |  |
| Period 2 | 8:55 | 9:41 |  |
| Period 3 | 9:45 | 10:31 |  |
| Period 4 | 10:35 | 11:21 |  |
| Period 5 | 11:25 | 12:11 |  |
| **Lunch** 7th grade | 12:11 | 12:31 | Recess 8th grade |
| **Lunch** 8th grade | 12:31 | 12:51 | Recess 7th grade |
| Period 6 | 12:55 | 1:41 |  |
| Period 7 | 1:45 | 2:05 | Advisor |