**Tuesday-Friday**

2022-2023

Helena Middle School

**6th Grade**

|  |  |  |  |
| --- | --- | --- | --- |
| Period 1 | 8:05 | 8:56 |  |
| Period 2 | 9:00 | 9:51 |  |
| Period 3 | 9:55 | 10:49 |  |
| **Lunch** | 10:49 | 11:09 | Lunch |
| **Recess** | 11:09 | 11:29 | Recess |
| Period 4 | 11:33 | 12:24 |  |
| Period 5 | 12:28 | 1:19 |  |
| Period 6 | 1:23 | 2:14 |  |
| Period 7 | 2:18 | 2:50 | Advisor |

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**Tuesday-Friday**

2022-2023

Helena Middle School

**7th & 8th Grade**

|  |  |  |  |
| --- | --- | --- | --- |
| Period 1 | 8:05 | 8:56 |  |
| Period 2 | 9:00 | 9:51 |  |
| Period 3 | 9:55 | 10:49 |  |
| Period 4 | 10:53 | 11:44 |  |
| **Lunch** 7th grade | 11:44 | 12:04 | Recess 8th grade |
| **Lunch** 8th grade | 12:04 | 12:24 | Recess 7th grade |
| Period 5 | 12:28 | 1:19 |  |
| Period 6 | 1:23 | 2:14 |  |
| Period 7 | 2:18 | 2:50 | Advisor |