

MON	TUE	WED	THUR	FRI	SAT
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	QUEST PROGRAM 9 - 10:30 AM Select Saturdays
A BLOCK 8:30 - 9:40 AM	E BLOCK 8:30 - 9:40 AM	C BLOCK 8:30 - 9:15 AM	G BLOCK 8:30 - 9:15 AM	D BLOCK 8:30 - 9:40 AM	
CHAPEL 9:50 - 10:20 AM	SCHOOL MEETING 9:50 - 10:20 AM	D BLOCK 9:25 - 10:10 AM	A BLOCK 9:25 - 10:35 AM	CHAPEL 9:50 - 10:20 AM	ATHLETICS AND ACTIVITIES
B BLOCK 10:25 - 11:35 AM	F BLOCK 10:25 - 11:35 AM	BREAK 10:10 - 10:25 AM	B BLOCK 10:45 - 11:55 AM	E BLOCK 10:25 - 11:35 AM	
LUNCH 11:35 - 12:20 PM	LUNCH 11:35 - 12:20 PM	E BLOCK 10:30 - 11:15 AM	LUNCH 11:55 - 12:40 PM	LUNCH 11:35 - 12:15 PM	FUN & GAMES
C BLOCK 12:20 - 1:30 PM	G BLOCK 12:20 - 1:30 PM	F BLOCK 11:25 AM - 12:10 PM		MEETING BLOCK 12:15 - 12:45 AM	
D BLOCK 1:40 - 2:50 PM	A BLOCK 1:40 - 2:25 PM	LUNCH 12:10 - 1:00 PM	FACULTY MEETING 12:40 - 1:45		
OFFICE HOURS 2:50 - 3:20	B BLOCK 2:35 - 3:20	ATHLETICS AND ACTIVITIES 1:00 - 5:30 PM	PLANNING BLOCK 12:45 - 2:15 PM QUEST, SexED, Project Pomfret	F BLOCK 12:50 - 2:00 PM	SUN
ATHLETICS AND ACTIVITIES 3:45 - 5:15PM	ATHLETICS AND ACTIVITIES 3:45 - 5:15PM		C BLOCK 1:45 - 2:55 PM	G BLOCK 2:10 - 3:20 PM	FUN & GAMES
DINNER 5:30 - 7:00 PM	ADVISEE DINNER 6:00 - 7:30 PM	DINNER 5:30 - 7:15 PM	OFFICE HOURS 2:55 - 3:30 PM	ATHLETICS AND ACTIVITIES 3:45 - 5:15PM	
CLUBS 6:15 - 7:45 PM			ATHLETICS AND ACTIVITIES 3:45 - 5:15PM	DINNER 5:30 - 7:00 PM	
M BLOCK 1 6:15 - 7:45 PM			DINNER 5:30 - 7:00 PM		
STUDY HOURS 8:00 - 10:00 PM	STUDY HOURS 8:00 - 10:00 PM	STUDY HOURS 8:00 - 10:00 PM	CLUBS 6:15 - 7:45 PM	FUN & GAMES	STUDY HOURS 8:00 - 10:00 PM
			M BLOCK 2 6:15 - 7:45 PM		
			STUDY HOURS 8:00 - 10:00 PM		

**The 2023–2024 daily schedule design incorporates the best elements of the 2022–2023 schedule with the following changes:**

- We created a common daily start time to help students build better sleep hygiene and feel more rested.
- We eliminated the two-week rotation and ordered class blocks alphabetically for a more consistent, easy-to-follow weekly schedule.
- We retained two 70-minute blocks for each class every week to allow time for deep dives into learning, and added one 45-minute block for each class. This means every class meets three times each week in a regular pattern of long and shorter class blocks (70/45/70), which will help sections of the same class stay in sync.
- We introduced flex scheduling on Thursday afternoons to allow time and space for special programs, including QUEST, Sexuality Education, and Project: Pomfret, among others, without schedule disruption.