



## Lord Byng Secondary School

### FIT (Flexible Instructional Time), Daily Schedule, & Collaboration Schedule

FIT time is a period of instructional time built into the Lord Byng schedule that gives our students the opportunity to have choice in their learning time. Examples of some ways to use FIT time include:

- meeting with teachers for support in subject learning or completing assignments
- attending tutorial sessions
- connecting with counsellors
- collaborating with other students on projects
- individual time to study
- Career Life Connections 12 and Capstone
- Work Experience 11 and 12
- enrichment passion projects.

Ultimately, FIT time empowers our students to take ownership of their own learning and gives them the opportunity to develop core competencies such as personal responsibility, self-regulation, goal setting, wellbeing, and communication.

Our daily schedule at Lord Byng, with FIT and Collaboration time included, is:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30	Early Morning Class	Early Morning Class	Early Morning Class	Early Morning Class	Early Morning Class
8:40-10:01	<b>Period 1</b>	<b>Period 1</b> 8:40-9:36 Break 9:36-9:41	<b>Period 1</b>	<b>Period 1</b>	<b>Period 1</b>
10:01-10:11	Break	<b>FIT</b> 9:41-10:31	Break	Break	Break
10:11-11:32	<b>Period 2</b>	Break 10:31-10:36 <b>Period 2</b> 10:36-11:32	<b>Period 2</b>	<b>Period 2</b>	<b>Period 2</b>
11:32-12:17	Lunch	Lunch	Lunch	Lunch	Lunch
12:17-1:38	<b>Period 3</b>	<b>Period 3</b>	<b>Period 3</b>	<b>Period 3</b> 12:17-1:13 Break 1:13-1:16	<b>Period 3</b>
1:38-1:45	Break	Break	Break	<b>FIT</b> 1:16-2:06	Break
1:45-3:06	<b>Period 4</b>	<b>Period 4</b>	<b>Period 4</b>	Break 2:06-2:10 <b>Period 4</b> 2:10-3:06	<b>Period 4</b>

AM Collaboration Dates: Students arrive at 10am: No F.I.T. Sept 20; Nov 8; Feb 9; May 11	
Staff Meeting	7:45-8:35
Collab	8:35-9:56
<b>Period 1</b>	<b>10:00-10:40</b>
Break	10:40-10:50
<b>Period 2</b>	<b>10:50-11:32</b>
Lunch	11:32-12:17
<b>Period 3</b>	<b>12:17-1:38</b>
Break	1:38-1:45
<b>Period 4</b>	<b>1:45-3:06</b>

PM Collaboration Dates: Students leave at 1:45pm: No F.I.T. Oct 13; Jan 12; Apr 13; Jun 8	
<b>Period 1</b>	<b>8:40-10:01</b>
Break	10:01-10:11
<b>Period 2</b>	<b>10:11-11:32</b>
Lunch	11:32-12:17
<b>Period 3</b>	<b>12:17-12:59</b>
Break	12:59-1:05
<b>Period 4</b>	<b>1:05-1:45</b>
Collab	1:45-3:06