

FLEXIBLE INSTRUCTION TIME

WHAT IS FIT?

The Vancouver School Board is committed to creating a supportive school environment where students can cultivate a passion for learning and continue to pursue knowledge throughout their lives. Preparing students to be active, productive, and socially responsible citizens is part of the Board's value statement.

To achieve this, the District has taken steps to enhance the learning experience by increasing the amount of Flexible Instructional Time to 160 minutes per week. This time will enable secondary schools to design educational programming that empowers students to take charge of their own learning. It also honours the First People's Principles of Learning that state: learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place); learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors; and learning involves recognizing the consequences of one's actions.

The purpose of Flexible Instructional Time is to support the learning and well-being of students by enabling them to choose how, when and where their learning takes place. As students cultivate a stronger sense of agency, they feel more engaged with their studies, more connected to their peers, and more invested in the well-being of their community.

During Flexible Instructional Time, schools will provide educational opportunities that enhance, support, and develop students' thinking, communication, personal, social, and curricular competencies. Students will also be responsible for making the best use of this time.

Students are expected to be in attendance for the full school day.

Monday	Tuesday	Wednesday	Thursday	Friday
8:40 - 9:20 FIT	8:40 - 10:00 BLOCK 1	8:40 - 10:00 BLOCK 1	8:40 - 10:00 BLOCK 1	8:40 - 9:20 FIT
9:20 - 10:20 BLOCK 1				9:20 - 10:20 BLOCK 1
10:30 - 11:30 BLOCK 2	10:10 - 11:30 BLOCK 2	10:10 - 11:30 BLOCK 2	10:10 - 11:30 BLOCK 2	10:30 - 11:30 BLOCK 2
11:30 - 12:15 LUNCH				
12:15 - 1:35 BLOCK 3	12:15 - 1:15 BLOCK 3	12:15 - 1:35 BLOCK 3	12:15 - 1:15 BLOCK 3	12:15 - 1:35 BLOCK 3
	1:20 - 2:00 FIT		1:20 - 2:00 FIT	
1:45 - 3:05 BLOCK 4	2:05 - 3:05 BLOCK 4	1:45 - 3:05 BLOCK 4	2:05 - 3:05 BLOCK 4	1:45 - 3:05 BLOCK 4