



Groveside  
School

### Times of the School Day

Activity	Time
Registration / Wellbeing	9:00 - 9:20
Period 1	9:20 - 10:20
Break	10:20 - 10:40
Period 2	10:40 – 11:40
Period 3 - MRSS and Literacy	11:40 - 12:10
Lunch 1- (KS2 Lunch / KS3&KS4 Break)	12:10 - 12:30
Lunch 2 - (KS3&KS4 Lunch / KS2 Break)	12:30 - 12:50
Registration	12:50-13:00
Period 4	13:00 - 14:00
Period 5	14:00 - 15:00
Tutor Review and Taxi	15:00 – 15:15

### Wellbeing, MRSS and Literacy

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Wellbeing Values 09:00 09.20	Wellbeing for the week with <i>Zones of Regulation</i>	In the News Week	Workout Wednesday	Wellbeing for the week with <i>Zones of Regulation</i>	Fitness Friday
MRSS & Literacy 11:40 – 12:10	Myself, Relationships and Staying Safe	Group Reading for Pleasure	Myself, Relationships and Staying Safe	Reading for Progression Accelerated Reader	Celebration Assembly