



## A Guide to the 2023-24 Weekly Schedule

As our returning families are aware, the 2023-24 school year features a revised weekly schedule. It is designed to 1) maintain student access to top tier programs in Academics, Athletics, Arts, and Advising; 2) enhance flexibility for students to pursue multiple pathways through school programs; and 3) foster a pace that strengthens, rather than exhausts, students at Middlesex.

Below is a general guide meant to help you understand the various components of the revised weekly schedule. Given the novelty of our shift to this weekly schedule, we understand that not all of the information shared here will feel clearly tangible to students and families. We appreciate your understanding that a degree of uncertainty is inevitable until individual student schedules are published and the community has had a chance to actually live and get a rhythm within the weekly schedule. We are very excited for the many enhancements the revised schedule will bring, and we will continue to share more information as we get closer to the start of the school year.

View the 2023-24 Weekly Calendar [HERE](#).

### Red Week and White Week

The weekly schedule nearly always alternates weekly between a “Red Week” and a “White Week.” The only difference between a “Red” and “White” week is that the class blocks on Wednesday and Saturday swap days:

<u>Red Week</u>		<u>White Week</u>	
<b>Wednesday Blocks</b>	<b>Saturday Blocks</b>	<b>Wednesday Blocks</b>	<b>Saturday Blocks</b>
F Block	E Block	E Block	F Block
C Block	B Block	B Block	C Block
G Block	D Block	D Block	G Block

This alternating model of Wednesday/Saturday blocks reduces the number of Saturday class meetings a student has throughout the semester. It ensures that all students have at most three classes on Saturday school days, and the vast majority will often have only one or two classes.

The first week of the school year is a “Red Week.” Students and families can track which weeks are “Red” and which are “White” in the 2023-24 Long Calendar, Student Planners, The POND (the weekly family newsletter), and other calendar documents.

## **Extension Blocks (“X” blocks”)**

Every block has four meetings a week for 40 minutes, but two of those blocks can be extended to 65 total minutes depending on the class. These extension blocks are marked by an “x” on the schedule (e.g. “Ax” indicates an extension of “A” block).

Some courses, like science classes, will always use their Extended “X” blocks, resulting in two 40 minute classes and two 65 minute classes per week. Elective courses have a variety of meeting configurations; some never meet during their “X” block, while some do meet during “X” blocks, but with fewer total meetings per week. Other courses will use some, but not all, of their extension blocks. Students’ individual schedules will clearly indicate which extension blocks they will be attending throughout the week.

By moving from five class meetings a week to four class meetings a week, students have one fewer night of homework for each class. However, the use of extension blocks ensures that, on average, students have the same number of total minutes of class time each week as they did under our previous schedule.

Each class day begins with an extension block, and since most students will have several of those extension blocks free, students will often have a “sleep in” until their first class begins at 8:25am.

## **Advisor Blocks**

There are four designated “Advisor Blocks” throughout the week. Advisors may use that time to schedule their weekly one-on-one meeting with a student, or advisors and advisees may schedule their weekly meeting during another mutually available free period. If a student is not meeting with their advisor during an “Advisor Block”, that period becomes discretionary free time for meeting with a teacher for extra help, getting ahead on homework, relaxing and recharging, etc.

## **Lunch**

During the school week, the dining hall is open for lunch Monday-Friday between 11:30am and 1:15pm, and 11:30-12:30pm on Saturday. Students are guaranteed to have at least 50 minutes of protected lunch time every day.

On Tuesdays and Thursdays there is an extended “long lunch” period that can be used for a variety of purposes. During “long lunches” students have time to eat as well as have ample time to socialize and relax, participate in scheduled chorus rehearsals, club meetings, advisor meetings, recreational fitness in the gym, work with the athletic training staff, and more. Students can also meet with Peer Tutors in the library during long lunches.

## **Senate**

The Student Senate meets on Monday afternoons at 3:05pm. Students not participating in Senate may use that period as discretionary free time. Senate is required for those students elected into designated positions, but it is also open for any student to attend if they wish.

## **Announcements Block**

On Tuesday mornings at 9:55am the full school meets in the theatre for announcements. Attendance is required for all students.

## **Faculty Meeting**

Faculty meeting occurs on Wednesday mornings so students can have a sleep-in until at least 9:05am. Saturday classes also have a later start, ensuring students have a sleep-in on all Wednesday/Saturday game days.

The Bateman Bullfrogs choral group rehearses during faculty meeting on Red Weeks, and the MXolydians rehearse during faculty meeting on White Weeks. For more information on choral groups, see below.

## **Chapel**

The school meets in the Chapel every Thursday at 9:55am. Attendance is required for all students. The typical Chapel program features a senior speaker who offers their personal reflections to the community.

## **Community Time Block**

The Community Time Block will be used for a variety of purposes, including all-school assemblies with guest speakers, individual class meetings, awards assemblies, and Community Life meetings. Attendance is required for all students.

## **Athletics**

Athletic practices during the fall and spring athletic seasons begin at 4pm on Monday and Friday, and at 3:45pm on Tuesday and Thursday. Game times vary by team, primarily occurring on Wednesdays and Saturdays.

Some winter teams, including ice hockey and basketball, will have their practices staggered throughout the afternoon and evening so each team can use the indoor facilities.

The duration of athletic practices varies by level. Varsity teams in the fall and spring have a two-hour window for practice, JV teams have between 90-105 minutes, and Thirds teams have between 60-75 minutes.

When Daylight Savings ends on November 5, 2023, the weekly schedule will make some small accommodations to ensure that teams have enough daylight for a full practice during the final week of the fall athletic season (and during postseason play for teams that qualify). Those changes can be found in the “Long Calendar”, and will also be communicated to students and families in the weeks leading up to November 5.

### **Dinner**

During the school week, the dining hall is open Monday-Friday for dinner between 5:30pm and 7:15pm, and Saturday from 5:30pm to 6:30pm. On Sundays the dining hall is open for dinner between 5:30pm and 6:30pm.

### **Evening Flex Times**

By design, the revised schedule attempts to minimize the number of required school commitments for students during the evening flex time. Between athletics and study hours, students have “Flex Time” for dinner, club meetings, affinity group meetings, etc.

### **Study Hours**

Study Hours begin at 8pm Sunday-Friday. They end at 10pm except for Tuesday nights and Friday nights, since those nights lead into half-days on Wednesday and Saturday, study hours are shorter and end at 9:30pm. There are no study hours on Saturday.

### **Chorus Rehearsal Schedule:**

Chapel Chorus (includes Small Chorus and SWAG): Thursdays 12:25pm-1:30pm

Small Chorus (Bullfrogs and MXolydians): Thursdays 6:25pm-7:25pm

Batemen’s Bullfrogs: Tuesdays 12:35pm-1:30pm, Wednesdays 8:20am-9am (Red Weeks only)

MXolydians: Tuesdays 11:40am-12:35pm, Wednesdays 8:20am-9am (White Weeks only)

SWAG: Tuesdays 12:20pm-1:10pm

### **Theatre**

The Theatre Program has protected rehearsal time Monday-Friday evenings from 7:30pm-9:30pm.