

宁波市效实中学白杨校区高一、高二作息时间表
Ningbo Xiaoshi High School (Baiyang Campus) Daily Schedule
(Senior 1& 2)

时段	项目 Period	时间 Time
早晨 Morning	住宿生起床 Morning Bell	6: 15
	早锻炼 Morning Exercises	6: 15—6: 45
	早餐 Breakfast	6: 50—7: 15
上午 Morning	到校 Arrival at school	7: 15
	课前准备 Pre-Class Preparation	7:20
	第一节课 Period 1	7: 25—8: 05
	第二节课 Period 2	8: 15—8: 55
	大课间 Morning Exercises (周一集会)	8: 55—9: 25
	第三节课 Period 3	9: 25—10: 05
	护眼醒脑 Eye Exercises	10: 15—10: 20
	第四节课 Period 4	10: 20—11: 00
	第五节课 Period 5	11: 10—11: 50
中午 Noon	错峰午餐 Lunch	11: 50—12: 20
	静校答疑 Lunch Break	12: 20—13: 00
下午 Afternoon	课前准备 Pre-Class Preparation	13:05
	第六节课 Period 6	13: 10—13: 50
	第七节课 Period 7	14: 00—14: 40
	护眼醒脑 Eye Exercises	14: 50—14: 55
	第八节课 Period 8	14: 55—15: 35
	第九节课 Period 9	15: 45—16: 25
	阳光体育/学习力提升 Outdoor/ Learning Enhancement Activity	16: 35—17: 15
晚上 Night	晚餐时光/晚间静校 Dinner Break	17: 20—18: 10
	晚自修预备 Preparation	18: 10—18: 15
	晚自修第一节 Supervised Self-study Period 1	18: 15—19: 15
	晚自修第二节 Supervised Self-study Period 2	19: 25—20: 25
	晚自修第三节 Supervised Self-study Period 3	20: 35—21: 30
	住宿生寝室点到 Dorm Roll-call	21: 45
	熄灯 Lights Out	22: 10