



SURYA SAINIK SCHOOL

SCHOOL ROUTINE

TIME	DURATION	ROUTINE (IV – VI)	ROUTINE (VII – VIII)
05:30am		Wake-up	Wake-up
5:40am -6:40am	60 minutes	Drill/Morning Fitness	Drill/Morning Fitness
6:40 am – 7:10am	30 minutes	Get ready for school	Get ready for school
7:10am – 7:15am	05 minutes	Line up	Line up
7:15am -7:40am	25 minutes	Breakfast	Breakfast
7:50am -8:20am	30 minutes	Assembly	Assembly
8:20am -8:30am	10 minutes	Class Attendance	Class Attendance
8:30am – 9:10am	40 minutes	1 st period	1 st period
9:10am -9:50am	40 minutes	2 nd period	2 nd period
9:50am -10:30am	40 minutes	3 rd period	3 rd period
10:30am –10:50am	20 minutes	Fruit Break	Fruit Break
10:50am –11:30am	40 minutes	4 th period	4 th period
11:30am –12:10pm	40 minutes	5 th period	5 th period
12:10pm -12:50pm	40 minutes	6 th period	6 th period
12:50pm –1:30pm	40 minutes	7 th period	7 th period
1:30pm –2:00pm	30 Minutes	Lunch	Lunch
2:00pm –2:45pm	45 minutes	Activity 1	Activity 1
2:45pm –3:30pm	45 minutes	Activity 2	Activity 2
3:30pm –4:50pm	80 minutes	Rest after School	Rest after School
4:50pm – 5:00pm	10 minutes	Ready to Snacks	Ready to Snacks
5:00pm – 5:15pm	15 minutes	Snacks	Snacks
5:15pm – 6:30pm	75 minutes	Games	Games
6:30pm – 6:45pm	15 minutes	Shower & change	Shower & change
6:45pm – 8:15pm	90 minutes	Prep in School Building	Prep in School Building
8:15pm – 8:30pm	15 minutes	English news on TV	English news on TV
8:30pm – 9:00pm	30 minutes	Dinner	Dinner
9:00pm – 9:45pm	45 minutes	Self-study	Self-study
9:45pm – 9:50pm	05 minutes	Roll call	Roll call
9:50pm		Lights Off	Lights Off