

Structure of the School Day - Seniors

ISI Regulation	
Reviewed by	Ben Turner, Senior Deputy Head
Date	September 2025
Date of Next Review	September 2026

Structure of the Senior School (Teaching) Day - Monday, Tuesday, Wednesday and Friday

Time	Activity	Notes
8.30 - 8.35	AM Registration	Monday only
8.40 - 8.55	Whole (Senior) School Assembly	Monday only
8.40 - 8.55	AM Registration and Form time/Year or House Assembly	Tuesday - Friday
9.00 - 9.40	Period 1	5 minute gaps between lessons to allow for movement around the site; double period lessons should continue through this time
9.45 - 10.25	Period 2	
10.25 - 10.45	Break	
10.45 - 11.25	Period 3	
11.30 - 12.10	Period 4	
12.15 - 12.55	Period 5	
12.55 - 1.40	Lunch 1	
1.40 - 2.25	Lunch 2	
2.25 - 2.30	PM Registration	
2.35 - 3.15	Period 6	
3.20 - 4.00	Period 7	

Structure of the Senior School (Teaching) Day - Thursday

Time	
09:40	AM Registration
09:00	Period 1
09:45	Period 2
Break	Break
Period 3	Period 3
Period 4	Period 4
Period 5	Period 5
Lunch	Lunch
PM Registration	PM Registration
Period 6	Period 6
Period 7	Period 7
Period 8	Period 8

Co-Curricular Timings.

Regular Saturday Co-Curricular Activities			
Event	Start	Finish	Length
Sports Fixtures	09:00	13:30	270
SHINE	09:00	13:00	240

NB – There are some clubs and societies that span the majority of the lunch period due to the nature of the activity.

Timings for sports fixtures on Saturday mornings are approximate and vary based on the distance to travel and the nature of the activity.