



Adjusted 5-Block Learning Structure

The learning structure, including the bell schedule, will be adjusted at Salmon Arm Secondary in time for the 2025-26 school year. We will be shifting from a 4-block model to a 5-model.

Why the changes? Reflection is a key component to education

We have begun the process of transitioning Salmon Arm Secondary from a grade 11-12 school to a grade 8-12 school in time for the 2027-28 school year. In essence, we really are creating a new school over the next three years. Part of our collective work involves *thoughtfully* reflecting on our current practices and systems to ensure our decisions are *intentionally* aligned with both the needs of students in grades 8 through 12, along with the decision by the Board of Education for school reconfiguration.

When announcing their final decision, the **K̓wsaltktnéws ne Secwepemcúl'ecw Board of Education of School District No. 83** emphasized the importance of understanding the reasons behind the reconfiguration of schools:

- It provides an extended period of time to build connections between students and staff. Research has shown that students who feel connected to their school are less likely to engage in many risk behaviours and more likely to have better academic achievement.
- It reduces the number of school transitions which are particularly difficult for priority learners.
- It is both educationally and developmentally sound.
- It allows students to remain “younger” for a longer period of time.
- It aligns with the structure of BC School Sports.
- The K-7, 8-12 model was overwhelmingly preferred by district and school leadership, staff, and most communities.

The Educated Citizen

- thoughtful, able to learn and to think critically, and who can communicate information from a broad knowledge base;
- creative, flexible, self-motivated and who have a positive self image;
- capable of making independent decisions;
- skilled and who can contribute to society generally, including the world of work;
- productive, who gain satisfaction through achievement and who strive for physical well-being;
- cooperative, principled and respectful of others regardless of differences;
- aware of the rights and prepared to exercise the responsibilities of an individual within the family, the community, Canada, and the world.



Reflection is a fundamental aspect of being a professional educator. We have a moral imperative to remain relevant and up to date with all aspects of learning.

Our evolving teaching practices and school systems need to align to continue to engage students with developing the necessary knowledge, skills and abilities required to become contributing and successful members of society.

Reference: [BC Ministry of Education 'Educated Citizen'](#)



An explanation of the adjustments

Our intention with adjusting our Learning Structure is to **create time**, to implement the required **Career Education** curriculum, to **reduce stress**, and to better meet the **evolving needs of learners**.

- Adding a 5th block each day. For the additional block each morning, students return to their first block classroom, and this time is treated as a:
 - **Double Block** = Applied, Design, Skills & Technologies, Fine Arts & Physical Education, or
 - **Flexible Instructional Time (FIT)** = Math, Science, English, Humanities & Languages
- Shortening each block, decreasing from 80 minutes to 65 minutes.
- A longer morning and a shorter afternoon (60:40 split, instead of 50:50).
- A longer morning break, as well as an additional transition-break each day.
- *Future planning*: Providing a structure for the possibility of 5 daily classes for grades 8 & 9, and 4 daily classes for grades 10-12.
- School starts slightly earlier and ends slightly later (~ 9:10am and 3:35pm)

4-Block Model vs. 5-Block Model

Monday	Tuesday	Wednesday	Thursday	Friday
A 81 minutes	C 81 minutes	B 81 minutes	D 81 minutes	Rotation
5 minute break	5 minute break	5 minute break	5 minute break	5 minute break
B 80 minutes	D 80 minutes	A 80 minutes	C 80 minutes	Rotation
5 minute break	5 minute break	5 minute break	5 minute break	5 minute break
Lunch 45 minutes	Lunch 45 minutes	Lunch 45 minutes	Lunch 45 minutes	Lunch 45 minutes
C 80 minutes	A 80 minutes	D 80 minutes	B 80 minutes	Rotation
5 minute break	5 minute break	5 minute break	5 minute break	5 minute break
D 80 minutes	B 80 minutes	C 80 minutes	A 80 minutes	Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
A 65 minutes	C 65 minutes	B 65 minutes	D 65 minutes	Rotation
10 minute break	10 minute break	10 minute break	10 minute break	10 minute break
A 60 minutes FIT or Double Block	C 60 minutes FIT or Double Block	B 60 minutes FIT or Double Block	D 60 minutes FIT or Double Block	Rotation
5 minute break	5 minute break	5 minute break	5 minute break	5 minute break
B 65 minutes	D 65 minutes	A 65 minutes	C 65 minutes	Rotation
Lunch 45 minutes	Lunch 45 minutes	Lunch 45 minutes	Lunch 45 minutes	Lunch 45 minutes
C 65 minutes	A 65 minutes	D 65 minutes	B 65 minutes	Rotation
5 minute break	5 minute break	5 minute break	5 minute break	5 minute break
D 65 minutes	B 65 minutes	C 65 minutes	A 65 minutes	Rotation



Example Student Schedule

Gr. 10 - 12 *First Semester* Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:10 AM 10:15 AM	A - Physics 11 65 minutes	C - Auto 11 65 minutes	B - English 11 65 minutes	D - Fitness 11 65 minutes	Rotation
10:15 - 10:25 AM	Morning Break 10 min.	Morning Break 10 min.	Morning Break 10 min.	Morning Break 10 min.	
10:25 AM 11:25 AM	<i>Physics 11</i> FIT Block 60 minutes	<i>Auto 11</i> Double Block 60 minutes	<i>English 11</i> FIT Block 60 minutes	<i>Fitness 11</i> Double Block 60 minutes	
11:30 AM 12:35 PM	B - English 11 65 minutes	D - Fitness 11 65 minutes	A - Physics 11 65 minutes	C - Auto 11 65 minutes	
12:35 PM 1:20 PM	Lunch 40 min. lunch + 5 min. transition	Lunch	Lunch	Lunch	Lunch
1:20 PM 2:25 PM	C - Auto 11 65 minutes	A - Physics 11 65 minutes	D - Fitness 11 65 minutes	B - English 11 65 minutes	Rotation
2:30 PM 3:35 PM	D - Fitness 11 65 minutes	B - English 11 65 minutes	C - Auto 11 65 minutes	A - Physics 11 65 minutes	

Gr. 10-12 Friday Rotations			
Week 1	Week 2	Week 3	Week 4
A	C	B	D
A	C	B	D
B	D	A	C
Lunch	Lunch	Lunch	Lunch
C	A	D	B
D	B	C	A

Example of a gr. 10-12 <i>semester</i> student schedule	
1st Sem.	2nd. Sem
A - Physics 11	A - Socials 11
B - English 11	B - Chemistry 11
C - Auto 11	C - Pre-Calculus 11
D - Fitness 11	D - Core French 11



Introducing Flexible Instructional Time (FIT)

What is FIT?

FIT is a period of supervised instructional time built into each day to **explicitly teach** and **empower** senior-level students *to develop the skills necessary to use unstructured time to benefit their learning and personal needs.*

FIT is not assigned to **Applied Design, Skills & Technologies (ADST)**, **Fine Arts** or **Physical & Health Education** courses. For courses in these departments, this period would be treated as a **DOUBLE BLOCK**.

Why FIT?

FIT is a learning structural response that acknowledges students lead busy lives and navigate competing demands for their time in and outside of school. FIT provides senior-level students, in academic courses, with the opportunity to self-direct and engage in their learning, while also participating in coordinated school-wide initiatives (*e.g. assemblies, career education seminars, etc.*). Teachers do not teach new course material during this time. Instead, teachers will be accessible to students for additional help and guidance on current and ongoing learning. In essence, a student with more academic courses will receive more FIT time.

FIT Details

FIT is assigned to **grade 10-12 students** enrolled in courses within the **Math, Science, Humanities**, and **English Languages Arts** departments. There is flexibility given to teachers within these departments to utilize the first ~20 minutes of the FIT block to complete a lab, project, assignment or assessment from the previous block. However, the spirit of FIT is most of the time it is intended to be self-directed by students, with the support of a teacher.

Student Expectations for FIT

1. The default location & teacher for FIT is the same as the previous block.
2. This is a regular class. Attendance is mandatory and will be recorded during all 5 blocks.
3. Cell phones are not permitted during instructional time. This includes FIT.
4. Focus on learning, schoolwork or personal development.
5. Have all materials required to work effectively and efficiently.
6. Remain in the classroom or assigned learning space.
7. If you have completed all schoolwork, silently read, journal, plan, and/or draw.



SAS FIT Block

FIT is a period of supervised instructional time built into each day to **explicitly teach** and **empower** senior-level students *to develop the skills necessary to use unstructured time to benefit their learning and personal needs.*

What do I do during FIT?

Students:	Staff:
☐ Engage in schoolwork or personal development	☐ Ensure students are engaged in schoolwork or personal development
☐ Ask questions and consult with staff (<i>e.g. time to get extra help</i>)	☐ Answer questions, have conversations with students, and provide extra help.
☐ Participate in a Career Life Education 10 or Career Life Connection 12 learning sessions (<i>required courses to graduate</i>)	☐ Assist the Career Education teacher as needed during learning sessions
☐ Complete homework, study for an upcoming test, organize binder, rewrite notes	☐ Assist with homework, or with preparing for upcoming tests/quizzes
☐ Make up missed schoolwork or incomplete assignments	☐ Assist students with making up missed schoolwork or incomplete assignments
☐ Visit a Counsellor, the Wellness Centre, the Career Centre or the Learning Resource Centre	☐ Ensure students follow the internal process to visit another space during this time.
☐ Attend & participate in scheduled assemblies or seminars	☐ Attend and supervise scheduled assemblies or seminars
☐ Time to reduce stress and anxiety (<i>read, journal, reflect, plan, draw – slow life down</i>)	☐ Ensure there is an environment that promotes a reduction of stress and anxiety

Note: FIT is assigned to courses within Math, Science, Humanities, English and Languages. All other classes (Fine Arts, ADST & PHE) have a Double Block.