

FAQ: FLEXIBLE BLOCK SCHEDULE 6 DAY CYCLE

1. What are the main features?

- Students can take up to seven classes
- The schedule runs on a six day rotation. (A-F) For example, if an F Day falls on Friday, the following Monday is an A Day.
- 4, 5, or 6 classes meet on a given day
- Single periods are 45 minutes; double periods are 95 minutes
- Most classes meet for five blocks during the six day cycle. Some of these periods are double- periods that meet consecutively, so classes may meet between 3, 4, or 5 times during the six day cycle.
- Classes meet at various times in the schedule, the same block does not always meet at the same time of day during the six day rotation.
- There are two lunches. Half of the classes eat during the first part and the other half eat during the last part of the 90 minute lunch block. Students are in their 5th period class during the other half of the block.
- On two of the days there is a “Business Lunch” where we have an extended lunch period without scheduled classes so that students can meet with teachers, attend club meetings, conduct study groups, go to lunch with their Advisory groups, etc.
- Students are frequently able to find a common time with faculty for extra assistance during study periods.

2. What are the benefits to the students?

- Students never have all 7 classes in a day, rarely 6, often 5 or 4 (with one or more of those a double length periods).
- There is variety and each day of the 6-day cycle will be different from each other.
- Time exists in the schedule for clubs, meeting with teachers, tutoring, and study.
- Students will often have time to start on their homework during the school day because in the 6-day cycle each student has 4-6 study periods in which they are not assigned to a class. There are several places on campus reserved for quiet study throughout the day.
- Each course can have an appropriate combination of single and double- periods to maximize student learning, depending what is the best practice for each subject.
- The schedule creates an enjoyable college-like atmosphere and supports the Valor culture of “freedom with responsibility.”
- The variety, built-in study time and additional opportunities helps keep students fresh and minimizes fatigue.

3. It seems as if students will have built-in study time. Is this true?

Between four and six classes meet each day and an average schedule has five 40 minute off-periods spread out over 6 days. Every student’s schedule is different so their study periods may be consecutive on a given day and on other days a student may have no study periods at all.

4. Does my student need a DSL or SDSL class?

Most students do not need a DSL or SDSL class. The general expectation is that students will be enrolled in seven courses unless there is a specific need for additional study time. With permission from an Academic and College Counselor, students may enroll in a DSL or SDSL class which will greatly increase their on-campus study time, but will only allow them to enroll in six courses. Only juniors and seniors may request a SDSL class.

5. Is it true that some art and elective courses may meet fewer than five times a cycle?

Yes. The role of arts and other electives is not diminishing. Due to the unpredictable nature of the pace at which students create their art, students are asked to use their study periods to complete any unfinished work. It also ensures that students who are taking a full, seven course schedule have time for additional research, tutoring, attending teacher office hours and homework. Students in art and elective courses have an added open period on their schedule.

6. Does this new schedule impact students who participate in extra-curricular activities?

There will be disruptions when students need to leave school early for after school sports or field trips, but no single class will be heavily impacted on any regular basis because the last class of the day is different every day during the six day rotation.

7. How will students know what day of the schedule it is?

There will be signs in the main entrance of the school indicating which day in the schedule it is. There will also be a calendar posted on the Valor website indicating the year-long rotation of classes.

8. Is there still a Late Start on Wednesdays?

Yes. Please refer to the Sample Class Schedule and Daily Class Schedules document on the website for timing of the Late Start on Wednesdays.

9. Can my student still meet the Valor graduation requirements while taking seven classes?

Yes. Valor requires 21 credits for graduation and a student enrolling at Valor as a freshman has the opportunity to earn as many as 28 credits during their four years of high school. The difference of seven credits should be used to fulfill any unique requirements for admission to the student's selected colleges or to pursue additional elective offerings.