



Vista Del Mar Middle School Bell Schedules 2021-2022

7 th Grade		
Bell Schedule: Regular Day		
Period 1	8:00 am - 8:53 am	(53)
Period 2	8:56 am - 9:49 am	(53)
Period 3	9:52 am - 10:45 am	(53)
7th Lunch	10:45 am - 11:30 am	(45)
7 th Period 4	11:33 am - 12: 26 pm	(53)
Period 5	12:29 pm - 1:22 pm	(53)
Period 6	1:25 pm - 2:19 pm	(54)
Instructional Minutes = 334 min (319 min + 15 min)		

8 th Grade		
Bell Schedule: Regular Day		
Period 1	8:00 am - 8:53 am	(53)
Period 2	8:56 am - 9:49 am	(53)
Period 3	9:52 am - 10:45 am	(53)
8 th Period 4	10:48 am - 11:41 am	(53)
8th Lunch	11:41 am - 12:26 pm	(45)
Period 5	12:29 pm - 1:22 pm	(53)
Period 6	1:26 pm - 2:19 pm	(54)
Instructional Minutes = 334 min (319 min + 15 min)		

7 th Grade		
Bell Schedule: Minimum Day		
Period 1	8:00 am - 8:38 am	(38)
Period 2	8:41 am - 9:19 am	(38)
Period 3	9:22 am - 10:00 am	(38)
Lunch	10:00 am - 10:45 am	(45)
Period 4	10:48 am - 11:25 am	(37)
Period 5	11:28 am - 12:05 pm	(37)
Period 6	12:08 am - 12:45 pm	(37)
Instructional Minutes = 240 min (225 min + 15 min)		

8 th Grade		
Bell Schedule: Minimum Day		
Period 1	8:00 am - 8:38 am	(38)
Period 2	8:41 am - 9:19 am	(38)
Period 3	9:22 am - 10:00 am	(38)
Period 4	10:03 am - 10:40 am	(37)
Lunch	10:40 am - 11:25 am	(45)
Period 5	11:28 am - 12:05 pm	(37)
Period 6	12:08 am - 12:45 pm	(37)
Instructional Minutes = 239 min (227 min + 12 min)		

Teacher Duty Day: 7:45 am – 3:00 pm



Vista Del Mar Middle School Bell Schedules 2021-2022

7th Grade		
Bell Schedule: Regular Rainy Day		
Period 1	8:00 am - 8:56 am	(56)
Period 2	8:59 am - 9:55 am	(56)
Period 3	9:58 am - 10:54 am	(56)
7th Lunch	10:54 am - 11:24 pm	(30)
Period 4	11:27 am - 12:23 am	(56)
Period 5	12:26 am - 1:21 pm	(55)
Period 6	1:24 am - 2:19 pm	(55)
Instructional Minutes = 349 min (334 min + 15 min)		

8th Grade		
Bell Schedule: Regular Rainy Day		
Period 1	8:00 am - 8:56 am	(56)
Period 2	8:59 am - 9:55 am	(56)
Period 3	9:58 am - 10:54 am	(56)
Period 4	10:57 am - 11:53 am	(56)
8th Lunch	11:53 am - 12:23 pm	(30)
Period 5	12:26 am - 1:21 pm	(55)
Period 6	1:24 am - 2:19 pm	(55)
Instructional Minutes = 349 min (334 min + 15 min)		

7th Bell Schedule:		
Minimum Rainy Day		
Period 1	8:00 am - 8:41 am	(41)
Period 2	8:44 am - 9:25 am	(41)
Period 3	9:28 am - 10:09 am	(41)
Lunch	10:09 am - 10:39 am	(30)
Period 4	10:42 am - 11:22 am	(40)
Period 5	11:25 am - 12:04 am	(39)
Period 6	12:07 am - 12:45 pm	(38)
Instructional Minutes = 255 (240 min + 15 min)		

8th Grade Bell Schedule:		
Minimum Rainy Day		
Period 1	8:00 am - 8:41 am	(41)
Period 2	8:44 am - 9:25 am	(41)
Period 3	9:28 am - 10:09 am	(41)
Period 4	10:12 am - 10:52 am	(40)
Lunch	10:52 am - 11:22 am	(30)
Period 5	11:25 am - 12:04 am	(39)
Period 6	12:07 am - 12:45 pm	(38)
Instructional Minutes = 255 (240 min + 15 min)		

Teacher Duty Day: 7:45 am – 3:00 pm