



Sample Weekly Schedule



Time	MON	TUE	WED	THU	FRI	SAT	SUN
7am - 8:25am	Wake up / Preparation Time for School & Breakfast in the Cafeteria					11am-11:30am Brunch in Cafeteria	
8:25am - 3:30pm	Regular classes with Canadian students. Weekly Check-in* For PLUS student *meeting with Academic Advisor and another International Student Services team member for: setting and reviewing goals, graduation requirements, digital portfolio creation, consultations with school guidance counselor to prepare for university application process, ELL progress monitoring to determine if additional support is needed.					Dorm Activities: Soccer, Basketball, Dodgeball, Badminton, etc 1-2 Field TRIPS are offered per month Calgary sightseeing, Shopping, Banff, Royal Tyrrell Museum, etc In addition to above, PLUS will have followings; Unique field trips encompassing Canadian Culture & Heritage Trips to local universities and colleges Diploma Prep courses IELTS Test	
3:30pm - 5pm	Individual Free Time. Exercise is recommended at the School or in the Community after school. PLUS students can utilize ELL online course if needed.						
5pm - 6pm	Dinner in the cafeteria with Dorm Students . Weekly meals are pre-planned and feature a variety of dishes.						
6pm - 9pm	6pm - 7pm Study Time in the School Library. Specialized Tutoring weekly for 1 - 2hours. Schedule will be made upon consulting with the tutor. Tutoring modified based on academic advisor's recommendation. ELL online specialized course				Dormitory provides Monthly Birthday Party Celebrations.		
9pm	Junior High Curfew time & Chores				-	-	same as Monday
9:30pm	Junior High Bedtime				-	-	
10pm	Senior High Curfew time & Chores				Junior High Curfew/Chores		
10:30pm	Senior High Bedtime				Junior High Bedtime		
11pm	-				Senior High Curfew/Chores		
11:30pm	-				Senior High Bedtime		