

# Northern Guilford High School

## 2022-2023

### FLEX Schedule - 1st Lunch

English, Math

	Start	End
Zero Period	8:25	9:20
1st Period*	9:25	10:21
2nd Period	10:26	11:22
3rd Period	11:27	12:52
Lunch	11:27	11:52
4th Period	12:57	1:52
FLEX Period	1:57	2:22
5th Period	2:27	3:24
6th Period	3:29	4:25

\* Announcements

### FLEX Schedule - 2nd Lunch

Social Studies, World Language, EC  
Upstairs CTE

	Start	End
Zero Period	8:25	9:20
1st Period*	9:25	10:21
2nd Period	10:26	11:22
3rd Period	11:27	12:52
Lunch	11:57	12:22
4th Period	12:57	1:52
FLEX Period	1:57	2:22
5th Period	2:27	3:24
6th Period	3:29	4:25

### FLEX Schedule - 3rd Lunch

Science, Fine Arts, PE  
Downstairs CTE, Media

	Start	End
Zero Period	8:25	9:20
1st Period*	9:25	10:21
2nd Period	10:26	11:22
3rd Period	11:27	12:52
Lunch	12:27	12:52
4th Period	12:57	1:52
FLEX Period	1:57	2:22
5th Period	2:27	3:24
6th Period	3:29	4:25

### Regular Schedule - 1st Lunch

English, Math

	Start	End
Zero Period	8:25	9:20
1st Period*	9:25	10:26
2nd Period	10:31	11:32
3rd Period	11:37	1:06
Lunch	11:37	12:04
4th Period	1:11	2:12
5th Period	2:17	3:18
6th Period	3:23	4:25

### Regular Schedule - 2nd Lunch

Social Studies, World Language  
Upstairs CTE, EC

	Start	End
Zero Period	8:25	9:20
1st Period*	9:25	10:26
2nd Period	10:31	11:32
3rd Period	11:37	1:06
Lunch	12:08	12:35
4th Period	1:11	2:12
5th Period	2:17	3:18
6th Period	3:23	4:25

### Regular Schedule - 3rd Lunch

Science, Fine Arts, PE  
Downstairs CTE, Media

	Start	End
Zero Period	8:25	9:20
1st Period*	9:25	10:26
2nd Period	10:31	11:32
3rd Period	11:37	1:06
Lunch	12:39	1:06
4th Period	1:11	2:12
5th Period	2:17	3:18
6th Period	3:23	4:25

### One Hour Delay- 1st Lunch

	Start	End
Zero Period	9:35	10:20
1st Period	10:25	11:15
2nd Period	11:20	12:10
3rd Period	12:15	1:38
Lunch	12:15	12:40
4th Period	1:43	2:33
5th Period	2:38	3:28
6th Period	3:33	4:25

\*Announcements

### One Hour Delay- 2nd Lunch

	Start	End
Zero Period	9:35	10:20
1st Period	10:25	11:15
2nd Period	11:20	12:10
3rd Period	12:15	1:38
Lunch	12:44	1:09
4th Period	1:43	2:33
5th Period	2:38	3:28
6th Period	3:33	4:25

### One Hour Delay- 3rd Lunch

	Start	End
Zero Period	9:35	10:20
1st Period	10:25	11:15
2nd Period	11:20	12:10
3rd Period	12:15	1:38
Lunch	1:13	1:38
4th Period	1:43	2:33
5th Period	2:38	3:28
6th Period	3:33	4:25

**Two Hour Delay- 1st Lunch**

	<b>Start</b>	<b>End</b>
<b>FLEX</b>	<b>10:55</b>	<b>11:20</b>
Zero Period	10:40	11:20
1st Period	11:25	12:02
3rd Period	12:07	1:37
Lunch	12:07	12:34
2nd Period	1:42	2:19
4th Period	2:24	3:01
5th Period	3:06	3:42
6th Period	3:47	4:25

\*Announcements

**Two Hour Delay- 2nd Lunch**

	<b>Start</b>	<b>End</b>
<b>FLEX</b>	<b>10:55</b>	<b>11:20</b>
Zero Period	10:40	11:20
1st Period	11:25	12:02
3rd Period	12:07	1:37
Lunch	12:38	1:05
2nd Period	1:42	2:19
4th Period	2:24	3:01
5th Period	3:06	3:42
6th Period	3:47	4:25

**Two Hour Delay- 3rd Lunch**

	<b>Start</b>	<b>End</b>
<b>FLEX</b>	<b>10:55</b>	<b>11:20</b>
Zero Period	10:40	11:20
1st Period	11:25	12:02
3rd Period	12:07	1:37
Lunch	1:09	1:37
2nd Period	1:42	2:19
4th Period	2:24	3:01
5th Period	3:06	3:42
6th Period	3:47	4:25

**NWEA MAP Test Day**

	<b>Start</b>	<b>End</b>
Zero Period	8:25	9:20
English Test	9:25	10:55
Math Test	11:00	12:30
Lunch	12:30	1:00
1st Period	1:05	1:34
2nd Period	1:39	2:09
3rd Period	2:14	2:44
4th Period	2:49	3:19
5th Period	3:24	3:54
6th Period	3:59	4:25

\*Lunch in classrooms