**苏州工业园区翰林小学2022-2023学年度第一学期作息时间表**

**Timetable for the first term of 2022-2023**

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| **时间** | **1-2年级Grade1-Grade2** | **3-6年级Grade3-Grade6** |
| 上午a.m. | | |
| 7:50—8:25 |  | 错峰入学staggered attendance  晨检morning check |
| 8:25—8:35 | 错峰入学、晨检、晨会  staggered attendance  morning check ,morning meeting, | 晨会  morning meeting |
| 8:45—9:25 | 第一课  the first lesson | |
| 9:35—10:20 | 第二课（含眼保健操）  the second lesson(including eye exercise) | |
| 10:20-10:50 | 大课间活动  recess | |
| 10:50—11:30 | 第三课  the third lesson | |
| 11:30—12:25 | 午餐、午检、教室消毒  lunch time, afternoon check, classroom disinfection | |
| 12:25—12:50 | 午休  lunch break | |
| 下午p.m. | | |
| 12：55—13：35 | 第四课  the fourth lesson | |
| 13:45—14:30 | 第五课（含眼保健操）  the fifth lesson(including eye exercise) | |
| 14:40-15：20 | 课外活动  after-class activities | 第六课  the sixth lesson |
| 15：20-16：00 | JIA学院·商乐园  after-class service | JIA学院·商乐园（课外活动）  after-class service(after-class activities) |
| 16:00--17:30 | JIA学院·商乐园  after-class service | |
| 17:30起 | 自主规整+错峰放学  Ss leave school | |

注：不参与课后服务的学生15:20起错峰放学