



Southend High School for Girls

AN ACADEMY GRAMMAR SCHOOL

The School Day

08.30am	The school day starts
08.35-09.00	Registration
09.00-10.00	Period 1
10.00-10.05	Movement time
10.05-11.05	Period 2
11.05-11.25	Break
11.25-12.25	Period 3
12.25-13.25	Lunch
13.25-14.25	Period 4
14.25-14.30	Movement time
14.30-15.30	Period 5
15.30	End of school

The school week consists of 32.5 hours for students. This includes breaks and lunch times as well as teaching time. It does not include optional before or after school provision