

Beginning in the 2019-2020 school year, all West Vancouver secondary schools will adopt an altered schedule that provides students with a 32 minute block of flexible instructional time (FIT) per day. The purpose of the FIT block is to provide students with: time and flexibility to address the new Career Education competencies and content; time to meet with teachers for support, guidance or inspiration regarding specific curriculum, or other passions and interests; the opportunity to collaborate with other students, teachers, or community members; and time to explore, work on, or complete assignments and projects.



BENEFITS AND PURPOSE OF FIT

- Provides students with choice, voice, and flexibility with their learning in order to independently complete assignments, study, collaborate with peers, complete homework, or engage in a personal area of interest
- Provides the opportunity for students to receive support and guidance from teachers
- Promotes well-being for the entire school population (e.g. time to address needs, opportunity to reduce homework and assignment pressures, frees up the lunch break for students and teachers to eat and prepare, or to participate in school-based activities like clubs, etc.)
- Provides flexible learning environments for all, acknowledging that learning can take place in a variety of places and in a variety of ways
- Supports student time management and organization, by providing an opportunity for students to practice these skills with the guidance of teachers
- Provides time for Grade 11 and 12 students to complete the new Career Life Connections curriculum.

FIT SCHEDULE

FIT will take place everyday between first and second block. The following sample schedule describes how FIT will fit into the school day. Please refer to individual school websites for your school’s specific schedule.

Block One	71 - 72 mins
FIT	32 mins
Block Two	71 mins
Block Three	71 - 72 mins
Lunch Break	
Block Four	72 - 73 mins

STUDENT EXPECTATIONS FOR FIT

- Be focused on learning
- Be in a learning space (this may vary slightly from school to school)
- Grade 8 -10 students must be in a classroom
- Grade 11 - 12 students can be in shared learning spaces throughout the school
- Have a plan for the time
- Have all materials required
- Remain in the learning space selected

FIT IN ACTION

- Guided by the expectations above, students will plan in advance how they will use their FIT block.
- During FIT, students will use the instructional minutes to connect with teachers, other students or work independently to engage in a learning task (assignments, practice, study, or collaboration).
- Teachers will be available to mentor, facilitate, and guide student learning.
- Teachers will communicate their FIT schedule to students.
- Students in Grade 11 and 12 will be required to complete their Career Life Connections (CLC) course during FIT. Students will be scheduled to connect with their CLC teachers approximately once a week for check-ins, lessons, and mentorship.
- Teachers can require students to attend a specific FIT block to make up missed work, assessments, complete assignments and receive extra help.
- At times, FIT will be used by teachers to provide lessons to students with respect to FIT and school expectations and personal skill building.