

Ralston Middle School
Building-wide Bell Schedule
2022-2023 School Year

Bell Schedule (Non-WIN Time)
(Monday - Thursday - 44 minute class periods)

7th grade

- Arrival - 7:35 to 7:55 am (Grab-n-Go Breakfast available from 7:35 to 7:45 am)
- Period 1 - 8 to 8:46 am (2 extra minutes for Pledge/ Morning Announcements)
- Period 2 - 8:48 to 9:32 am
- Period 3 - 9:34 to 10:18 am
- Period 4 - 10:20 to 11:04 am
- Period 5 (Lunch and Homeroom) - 11:06 am to 12:06 pm
 - 7A lunch - 11:06 to 11:36 am
 - 7B lunch - 11:21 am to 11:51 am
- Period 6 - 12:08 to 12:52 pm
- Period 7 - 12:54 to 1:38 pm
- Period 8 - 1:40 to 2:24 pm
- Period 9 - 2:26 to 3:11 pm (1 extra minute for Afternoon Announcements)

8th grade

- Arrival - 7:35 to 7:55 am (Grab-n-Go Breakfast available from 7:35 to 7:45 am)
- Period 1 - 8 to 8:46 am (2 extra minutes for Pledge/ Morning Announcements)
- Period 2 - 8:48 to 9:32 am
- Period 3 - 9:34 to 10:18 am
- Period 4 - 10:20 to 11:04 am
- Period 5 - 11:06 to 11:50 am
- Period 6 (Lunch and Homeroom) - 11:52 am to 12:52 pm
 - 8A lunch - 11:56 am to 12:26 pm
 - 8B lunch - 12:11 to 12:41 pm
- Period 7 - 12:54 to 1:38 pm
- Period 8 - 1:40 to 2:24 pm
- Period 9 - 2:26 to 3:11 pm (1 extra minute for Afternoon Announcements)

Bell Schedule (WIN Time)
(Monday - Thursday - 40 minute class periods)

7th grade

- Arrival - 7:35 to 7:55 am (Grab-n-Go Breakfast available from 7:35 to 7:45 am)
- Period 1 - 8 to 8:42 am (2 extra minutes for Pledge/ Morning Announcements)
- Period 2 - 8:44 to 9:24 am
- **WIN Time - 9:26 to 9:56 am**
- Period 3 - 9:58 to 10:38 am
- Period 4 - 10:40 am to 11:20 am
- Period 5 (Lunch and Homeroom) - 11:22 am to 12:22 pm
 - 7A lunch - 11:22 to 11:52 am
 - 7B lunch - 11:37 am to 12:07 pm
- Period 6 - 12:24 to 1:04 pm
- Period 7 - 1:06 to 1:46 pm
- Period 8 - 1:48 to 2:28 pm
- Period 9 - 2:30 to 3:11 pm (1 extra minute for Afternoon Announcements)

8th grade

- Arrival - 7:35 to 7:55 am (Grab-n-Go Breakfast available from 7:35 to 7:45 am)
- Period 1 - 8 to 8:42 am (2 extra minutes for Pledge/ Morning Announcements)
- Period 2 - 8:44 to 9:24 am
- **WIN Time - 9:26 to 9:56 am**
- Period 3 - 9:58 to 10:38 am
- Period 4 - 10:40 am to 11:20 am
- Period 5 - 11:22 am to 12:02 pm
- Period 6 (Lunch and Homeroom) - 12:04 to 1:04 pm
 - 8A lunch - 12:14 to 12:44 pm
 - 8B lunch - 12:29 to 12:59 pm
- Period 7 - 1:06 to 1:46 pm
- Period 8 - 1:48 to 2:28 pm
- Period 9 - 2:30 to 3:11 pm (1 extra minute for Afternoon Announcements)

Ralston Middle School
Building-wide Bell Schedule
2022-2023 School Year

Bell Schedule (Early Release)
(Friday - 31 minute class periods)

7th grade

- Arrival - 7:35 to 7:55 am (Grab-n-Go Breakfast available from 7:35 to 7:45 am)
- Period 1 - 8 to 8:33 am (2 extra minutes for Pledge/ Morning Announcements)
- Period 2 - 8:35 to 9:06 am
- Period 3 - 9:08 to 9:39 am
- Period 4 - 9:41 to 10:12 am
- Period 8 - 10:14 to 10:45 am
- Period 9 - 10:47 to 11:18 am
- Period 5 (Lunch and Homeroom) - 11:20 am to 12:20 pm
 - 7A lunch - 11:20 to 11:50 am
 - 7B lunch - 11:35 am to 12:05 pm
- Period 6 - 12:22 to 12:53 pm
- Period 7 - 12:55 to 1:28 pm (1 extra minute for Afternoon Announcements)

8th grade

- Arrival - 7:35 to 7:55 am (Grab-n-Go Breakfast available from 7:35 to 7:45 am)
- Period 1 - 8 to 8:33 am (2 extra minutes for Pledge/ Morning Announcements)
- Period 2 - 8:35 to 9:06 am
- Period 3 - 9:08 to 9:39 am
- Period 4 - 9:41 to 10:12 am
- Period 8 - 10:14 to 10:45 am
- Period 9 - 10:47 to 11:18 am
- Period 5 - 11:20 to 11:51 am
- Period 6 (Lunch and Homeroom) - 11:53 am to 12:53 pm
 - 8A lunch - 12:03 to 12:33 pm
 - 8B lunch - 12:18 to 12:48 pm
- Period 7 - 12:55 to 1:28 pm (1 extra minute for Afternoon Announcements)