

## SK INTERNATINAL SAINIK SCHOOL,RETHAREDHARAN

### DAILY ROUTINE FOR NEW SAINIK SCHOOLS

SI No	Time/Period	Name of Activity	Remarks
1	07:30 Hrs	General assembly x 2 per Wk	Prayer, talk on current issues, announcements, National Anthem
		Special assembly x 2 per Wk	Oath taking, talk by staff/ students and conduct common value based activities specified by SSS
		School Gathering x 01 per wk	Activity as decided by school
2	08:00 – 13:30 Hrs	Academic Training/ Classes	Academic syllabus related to CBSE/State Board
3	10:50- 10:10Hrs	Short break	
4	13:30 – 14:00-Hrs	Seated Lunch at School Dining Hall	Training about all aspects of Dining Etiquettes/ Organized Meal.
5	14:00-14:30 Hrs	Rest	Lunch to be followed by quiet time/ own time for students.
6	14:30- 15:30 Hrs	Academic Plus Curriculum Class x 2 per wk	Class on Academic Plus Curriculum as specified for each class by SSS.
		Academic Plus Activity/ Value Based Activity x 2 per wk	Common Academic Plus Activities/ value based competitions as specified by SSS.
		Skill Based Training x 01 per wk	Classes on Fire Fighting/ First Aid/ Self Defence
		Skill Based Activity x 01 per wk	Fire Fighting/ First Aid/ Self Defence Practical/ Demo
7	15:45- 17:15Hrs	Sports & Games x <b>04 per wk</b>	Indoor & Outdoor games based on available facilities
		Drill/NCC/Field craft Training x <b>02 per wk</b>	Drill/NCC training at Parade ground. Field craft training about signs/symbols/tactics etc
8	17:15- 17:30 Hrs	Return Sports Gear, Change and fresh up	

9	17:30-17:50 Hrs	Snacks break	
10	17:55 hrs	Roll call	All cadets assemble in ground for roll call
11	18:00-20:00hrs	Prep/self study time	Prep time is scheduled and monitored by teachers.
12	20:20-21:00hrs	Dinner time	Monitored by rector/wardens
13	21:00-22:00hrs	OWN/ME time	Cadets prepare themselves for next day.
14	22:00hrs	Lights off	