|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 時間 | 星期  節次 | 一 | 二 | 三 | | 四 | 五 |
| 7:30~7:40 | 晨讀時間 | | | | | | |
| 7:40~8:00 | 掃地時間 | | | | | | |
| 8:00~8:40 |  | 兒童朝會 | 社團活動 | 導師時間 | 社團活動 | | 兒童朝會 |
| 8:45~9:25 | 1 |  |  |  | |  |  |
| 9:35~10:15 | 2 |  |  |  | |  |  |
| 10:15~10:30 | 課 間 活 動 | | | | | | |
| 10:30~11:10 | 3 |  |  |  | |  |  |
| 11:20:12:00 | 4 |  |  |  | |  |  |
| 12:00~12:45 | 午餐刷牙時間 | | | | | | |
| 12:45~13:30 | 午間靜息 | | | | | | |
| 13:40~14:20 | 5 |  |  |  | |  |  |
| 14:30~15:10 | 6 |  |  |
| 15:20~16:00 | 7 |  |
| 16:00 | 放學 | | | | | | |

臺南市白河區仙草實驗小學112學年度低年級一週作息時間表

臺南市白河區仙草實驗小學112學年度中年級一週作息時間表

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 時間 | 星期  節次 | 一 | 二 | 三 | | 四 | 五 |
| 7:30~7:40 | 晨讀時間 | | | | | | |
| 7:40~8:00 | 掃地時間 | | | | | | |
| 8:00~8:40 |  | 兒童朝會 | 社團活動 | 導師時間 | 社團活動 | | 兒童朝會 |
| 8:45~9:25 | 1 |  |  |  | |  |  |
| 9:35~10:15 | 2 |  |  |  | |  |  |
| 10:15~10:30 | 課 間 活 動 | | | | | | |
| 10:30~11:10 | 3 |  |  |  | |  |  |
| 11:20:12:00 | 4 |  |  |  | |  |  |
| 12:00~12:45 | 午餐刷牙時間 | | | | | | |
| 12:45~13:30 | 午間靜息 | | | | | | |
| 13:40~14:20 | 5 |  |  |  | |  |  |
| 14:30~15:10 | 6 |  |  |  |  |
| 15:20~16:00 | 7 |  |  |  |  |
| 16:00 | 放學 | | | | | | |

臺南市白河區仙草實驗小學112學年度高年級一週作息時間表

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 時間 | 星期  節次 | 一 | 二 | 三 | | 四 | 五 |
| 7:30~7:40 | 晨讀時間 | | | | | | |
| 7:40~8:00 | 掃地時間 | | | | | | |
| 8:00~8:40 |  | 兒童朝會 | 社團活動 | 導師時間 | 社團活動 | | 兒童朝會 |
| 8:45~9:25 | 1 |  |  |  | |  |  |
| 9:35~10:15 | 2 |  |  |  | |  |  |
| 10:15~10:30 | 課 間 活 動 | | | | | | |
| 10:30~11:10 | 3 |  |  |  | |  |  |
| 11:20:12:00 | 4 |  |  |  | |  |  |
| 12:00~12:45 | 午餐刷牙時間 | | | | | | |
| 12:45~13:30 | 午間靜息 | | | | | | |
| 13:40~14:20 | 5 |  |  |  | |  |  |
| 14:30~15:10 | 6 |  |  |  |  |
| 15:20~16:00 | 7 |  |  |  |  |
| 16:00 | 放學 | | | | | | |