

# Superintendent's Report

July 11, 2022



Ilsa Garza-Gonzalez

Superintendent  
Fallbrook Union High School District

- Signed by Governor Newsom in 2019
- High schools can't have a start time before 8:30 a.m. and middle schools can't have a start time before 8:00 a.m.
- Biologically better for older students due to the late release of melatonin
- CDPH recommends 8 - 10 hours of sleep for teenagers

**FALLBROOK HIGH SCHOOL'S  
2022-2023  
TENTATIVE BELL SCHEDULES**

## REGULAR DAY

0 PERIOD	7:24 a.m. to 8:20 a.m.
PERIOD 1	8:30 a.m. to 9:26 a.m.
PERIOD 2	9:32 a.m. to 10:33 a.m.
NUTRITION	10:33 a.m. to 10:42 a.m.
PERIOD 3	10:48 a.m. to 11:44 a.m.
PERIOD 4	11:50 a.m. to 12:46 p.m.
LUNCH	12:46 p.m. to 1:16 p.m.
PERIOD 5	1:22 p.m. to 2:18 p.m.
PERIOD 6	2:24 p.m. to 3:20 p.m.

## EARLY RELEASE (WEDNESDAY)

Staff Common Planning Time	7:20 a.m. to 8:20 a.m.
PERIOD 1	8:30 a.m. to 9:20 a.m.
PERIOD 2	9:26 a.m. to 10:21 a.m.
NUTRITION	10:21 a.m. to 10:30 a.m.
PERIOD 3	10:36 a.m. to 11:26 a.m.
PERIOD 4	11:32 a.m. to 12:22 p.m.
LUNCH	12:22 p.m. to 12:52 p.m.
PERIOD 5	12:58 p.m. to 1:48 p.m.
PERIOD 6	1:54 p.m. to 2:44 p.m.

## **BACK TO SCHOOL NIGHT LATE**

### **START** (day after BTSN)

0 PERIOD	9:35 a.m. to 10:14 a.m.
PERIOD 1	10:20 a.m. to 10:59 a.m.
PERIOD 2	11:05 a.m. to 11:44 a.m.
PERIOD 3	11:50 a.m. to 12:29 p.m.
LUNCH	12:35 p.m. to 1:05 p.m.
PERIOD 4	1:11 p.m. to 1:50 p.m.
PERIOD 5	1:56 p.m. to 2:35 p.m.
PERIOD 6	2:41 p.m. to 3:20 p.m.

## **FINALS**

PERIOD 1 / 2	8:30 a.m. to 9:55 a.m.
PERIOD 3/4	10:05 a.m. to 11:30 a.m.
LUNCH	11:30 a.m. to 12:00 noon
PERIOD 5/6	12:10 p.m. to 1:35 p.m.

**IVY HIGH SCHOOL**

**2022-2023**

**TENTATIVE BELL SCHEDULES**

## REGULAR DAY

TEACHER PREP	7:20 a.m. to 8:20 a.m.
PERIOD 1	8:35 a.m. to 9:35 a.m.
PERIOD 2	9:37 a.m. to 10:37 a.m.
PERIOD 3	10:39 a.m. to 11:39 a.m.
NUTRITION	11:39 a.m. to 12:03 p.m.
PERIOD 4	12:05 p.m. to 1:05 p.m.
PERIOD 5	1:07 p.m. to 2:07 p.m.
ASSETS	2:10 p.m. to 3:10 p.m.

## EARLY RELEASE (WEDNESDAY)

Staff Common Planning Time	7:30 a.m. to 8:30 a.m.
PERIOD 1	8:35 a.m. to 9:20 a.m.
PERIOD 2	9:22 a.m. to 10:07 a.m.
PERIOD 3	10:09 a.m. to 10:54 a.m.
NUTRITION	10:54 a.m. to 11:18 a.m.
PERIOD 4	11:20 a.m. to 12:05 p.m.
PERIOD 5	12:07 p.m. to 12:52 p.m.
ASSETS	1:30 p.m. to 2:30 p.m.

**OASIS HIGH SCHOOL**  
**2022-2023**  
**TENTATIVE BELL SCHEDULE**

Teacher Prep Period*	7:30 a.m. to 8:28 a.m.
Period 1**	8:30 a.m. to 9:28 a.m.
Period 2	9:30 a.m. - 10:28 a.m.
Period 3	10:30 a.m. - 11:28 a.m.
Period 4	11:30 a.m. - 12:28 p.m.
Lunch***	12:29 p.m. - 12:59 p.m.
Period 5	1:00 p.m. - 1:58 p.m.
Period 6	2:00 p.m. - 2:58 p.m.



## **REGULAR DAY**

Teacher Prep Period*	7:30 a.m. to 8:28 a.m.
Period 1**	8:30 a.m. to 9:28 a.m.
Period 2	9:30 a.m. - 10:28 a.m.
Period 3	10:30 a.m. - 11:28 a.m.
Period 4	11:30 a.m. - 12:28 p.m.
Lunch***	12:29 p.m. - 12:59 p.m.
Period 5	1:00 p.m. - 1:58 p.m.
Period 6	2:00 p.m. - 2:58 p.m.



**FIRST DAY OF THE 2022-  
2023 SCHOOL YEAR IS  
MONDAY, AUGUST 15**