NORTH FORT MYERS HIGH SCHOOL

WELLNESS WEDNESDAY SCHEDULE

2026-2027

1st Period	7:00 am—7:44 am
2nd Period	7:49 am—8:33 am
3rd Period	8:38 am—9:23 am
4th Period	9:28 am—10:12 am **Wellness Wednesday 10:12 - 10:42**
5th Period	10:47 am—12:23 pm
(Includes class and Lunch-TV News available on Launchpad)	
6th Period	12:28 pm—1:12 pm
7th Period	1:17 pm—2:00 pm

Music plays for one minute prior to the start of each class.
The Knightly News is available on Launchpad at any time, day or night.

LUNCH SHIFTS

ALL students must report only to the cafeteria during their lunch shift.

Lunch Shift	Times	Room Numbers
Lunch Shift A *Report directly to the Cafe*	10:47 am—11:17 am	C110 E121 S201 S211 S241 C117 E124 S204 S213 S244 C122 G110 S207 S214 S246 E101 M203 S209 S217
Lunch Shift B *Report to class first*	11:20 am—11:50 am	C115 C128 E104 E210 E254 C123 C129 E105 E248 MEDIA C124 C131 E107 E249 C125 E103 E114 E251
Lunch Shift C *Report to class first*	11:53 am—12:23 pm	A104 E132 E231 E242 Weights C130 E139 E234 E243 E115 E221 E235 G123 E117 E223 E238 GYM E123 E228 E240 M113