

DAILY TIME TABLE

SUNDAY

Rising ----- 5.30am

Morning Prayer----- 6.30am

Holy Mass-----7.00am

Breakfast---- *Immediately after mass (or before mass if the mass is scheduled later than 7.00am)*

Morning duties -----9.00am - 10.00am

Studies (*on 2nd Sundays of the month*) -----10.15am - 11.15am*** **BUT**

“ /Main choir practices (*on other Sundays of the month*) --- 10.15am - 11.15am

General Choir practices (*on other Sundays of the month*) -----11.30am - 12.30pm

Pious Society meetings/activities (*on 2nd Sundays of the month*) -----11.30am - 12.30pm*** **BUT**

“ “ “ “ (*on other Sundays of the month*) ----- 4.15pm - 5.15pm***

Midday prayer-----12.45pm

Lunch-----1.00pm - 1.30pm

Siesta (*for all students*)/Band Practices (*for members*) -----1.30pm - 3.00pm

Bathing/Free time-----3.00pm - 4.00pm

Catechism (*for candidates*) ----- 4.15pm - 5.45pm

Evening Instruction **but Holy hour** if first Sunday of the month. *Evening Prayer (Vespers)* is said within this time -----
-5.30pm - 6.30pm

Benediction-----6.30pm - 6.45pm

Supper-----7.00pm - 7.30pm

Recreation-----7.30pm - 7.50pm

Studies -----8.00pm -
10.00pm

Lights out-----10.30pm

N.B: Band practices for the members are fixed at the said time considering the time and availability of the employed staff personnel in-charge.

MONDAY

Rising -----4.30am.

Morning Prayer (Lauds) -----5.30am - 5.45am.

Morning duties ----- 5.45am - 6.45am.

Breakfast-----7.00am -
7.20am

Morning Assembly-----7.30am

Classes-----8.00am -
2.30pm

Morning Break-----12.00noon -
12.30pm

Lunch-----2.30pm -
2.45pm

ICT Training (*according to roster*) -----3.00pm - 5.00pm

Studies -----3.00pm -
4.30pm

Games/Cultural dance-----4.30pm - 5.30pm

Bathing/Free time-----5.30pm -6.30pm

Evening Prayer (*Holy Rosary- 5 decades at the BVM Grotto*)-----6.40pm - 7.00pm

Supper-----7.00pm -
7.30pm

Recreation-----7.30pm -
7.45pm

Studies -----8.00pm -
10.00pm

Lights out-----10.30pm

N.B: No siesta today due to afternoon studies.

TUESDAY

Rising----- 4.30am

Morning Prayer (Lauds) -----5.30am - 5.45am.

Holy Mass-----5.45am -
6.30am

Morning duties ----- 6.30am -
7.00am.

Breakfast-----7.00am -
7.20am

Morning Assembly-----7.30am

Classes-----8.00am -
2.30pm

Morning Break-----12.00noon -
12.30pm

Lunch-----2.30pm -
2.45pm

Siesta -----3.00pm -
4.00pm

ICT Training (*according to roster*) -----3.00pm - 5.00pm

Catechism (*for candidates*)----- 4.15pm - 5.45pm

Studies (*for other students*) -----4.15pm - 5.15pm

Bathing/Free time----- 5.15pm -6.15pm

Evening Prayer (*Holy Rosary- 5 decades at the BVM Grotto*)----- 6.30pm - 7.00pm

Supper-----7.00pm -
7.30pm

Recreation-----7.30pm -
7.45pm

Studies -----8.00pm -
10.00pm

Lights out-----10.30pm

WEDNESDAY

Rising ----- 4.30am.

Morning Prayer (Lauds) ----- 5.30am - 5.45am.

Holy Mass ----- 5.45am - 6.30am.

Morning duties ----- 6.30am - 7.00am.

Breakfast-----7.00am - 7.20am

Morning Assembly-----7.30am

Classes----- 8.00am -
2.30pm

Morning Break-----12.00noon -
12.30pm

Lunch-----2.30pm -
2.45pm

ICT Training (*according to roster*) ----- 3.00pm – 5.00pm

Studies -----3.00pm - 4.30pm

Games/Cultural dance-----4.30pm - 5.30pm

Bathing/Laundry/Free time-----5.30pm -6.30pm

Evening Prayer (*Holy Rosary- 5 decades at the BVM Grotto*) ---- 6.40pm - 7.00pm

Supper-----7.00pm -
7.30pm

Recreation-----7.30pm - 7.45pm

Studies -----8.00pm -
10.00pm

Lights out-----10.30pm

N.B: N.B: No siesta today due to afternoon studies.

THURSDAY

Rising ----- -4.30am.

Morning Prayer (Lauds) ----- 5.30am - 5.45am.

Holy Mass ----- 5.45am -
6.30am.

Morning duties ----- 6.30am - 7.00am.

Breakfast-----7.00am -
7.20am

Academic Reading -----7.30am

Classes-----8.00am -
2.30pm

Moral instructions -----8.00am-
9.20am

Morning Break-----12.00noon -
12.30pm

Lunch-----2.30pm -
3.00pm

Siesta -----3.00pm -
4.00pm

ICT Training (*according to roster*) -----3.00pm -
5.00pm

Catechism (*for candidates*) ----- 4.15pm -
5.45pm

Novel Reading (*for other students*) -----4.15pm - 5.15pm

Bathing/Free time-----5.20pm -
6.20pm

House Prayer (*at venue assigned to each house*) -----6.30pm - 7.00pm

Supper-----7.00pm -
7.30pm

Recreation-----7.30pm -
7.50pm

Studies ----- 8.00pm -
10.00pm

Lights out----- 10.30pm

N.B: There is no *Morning Assembly* today. Academic reading (usually called 'Stop everything and read' introduced by Anambra State Government replaces it.

FRIDAY

Rising ----- 4.30am.

Morning Prayer (Lauds) ----- 5.30am -
5.45am.

Holy Mass ----- 5.45am -
6.30am.

Morning duties ----- 6.30am -
7.00am.

Breakfast ----- 7.00am - 7.20am.

Friday Programme (*Club Practices/Presentations*) ----- 7.30am – 8.30am.

Classes ----- 8.40am - 2.30pm.

Morning Break----- 12.00noon - 12.30pm.

Lunch ----- 2.30pm - 3.00pm.

ICT Training (*according to roster*) ----- 3.00pm – 5.00pm.

Manual Labour (*1st & 3rd Friday*) and Sports (*2nd & 4th Friday*)-----3.00pm - 4.30pm.

Laundry/Studies/Siesta/Sewing/Cobbling/Barbing/Games/Practices/Free time ----- 4.30pm -6.30pm.

Stations of the Cross (**if Lenten period**) ----- 5.30pm – 6.15pm

Supper----- 7.00pm - 7.30pm.

Recreation----- 7.30pm - 7.45pm.

Friday Activities (*Ref. Special time table*) ----- 8.00pm - 10.00pm.

Lights out----- 10.30pm.

N.B: Today, there is no *Morning Assembly*. Friday Programme begins early. *Siesta* is optional and Evening Prayer is said privately.

During Lenten period, Laundry and all the alternate activities as on this day stop holding as from 5.30pm and they continue holding after the Stations of the cross.

SATURDAY

Rising -----
4.30am

Morning juggling (*on 2nd Saturdays only*) -----
5.30am – 6.30am*** **BUT**

Morning Mass (*on other Saturdays*) -----
6.00am - 6.45am

Breakfast-----
7.00am - 7.30am

Morning duties/Sanitation-----
7.30am - 8.30am

Morning Inspection-----
8.30am - 9.30am

Hostel Meeting (*on last Saturdays of the month*) -----
9.30am - 10.30am

Main Choir Practices (*on last Saturdays of the month*) -----10.30am
- 12.30pm*****BUT**

“ (on other Saturdays of the month) -----
9.30am - 12.30pm

Manual Labour (*on last Saturdays of the month*) -----
10.30am - 11.30am*****BUT**

“ (on other Saturdays of the month) -----
9.30am - 11.30am

Bathing/Ironing/Barbing/Free time-----
11.30am - 12.30pm

Midday prayer-----
12.45pm

Lunch-----
1.00pm - 1.30pm

Siesta (*for all students*)/Band Practices (*for members*) -----1.30pm
- 3.00pm

Essay writing-----
3.15pm - 4.15pm

Games/Cultural dance -----
4.30pm - 5.30pm

Bathing/Ironing/Liturgical practices/Free time----- 5.30pm
- 6.15pm

Evening Prayer (*Block Rosary at the BVM Grotto*) ----- 6.30pm
- 7.30pm

Supper-----
7.30pm - 7.45pm

Recreation-----
7.45pm - 8.15pm

Studies (*Copying notes/Project assignments*) ----- -8.30pm
- 10.30pm

Lights out-----
11.00pm

N.B: Band practices for the members are fixed at the said time considering the time and availability of the contract staff teacher.

SPECIAL TIME TABLE

Visiting Day: Second Sundays of every month -----
-----10.00am - 5.00pm

YCS: 1st Fridays (except a week before or within exam)*(Activities: History of YCS/Bible study/ Film show on Biblical episodes or life of the saints/Bible quiz/Biblical or Sainly live drama, e.t.c) --8.00pm -10.00pm

Quiz: 2nd Fridays (except a week before or within exam) -----
8.00pm -10.00pm

General Singing: 3rd Fridays (except a week before or within exam) -----
8.00pm -10.00pm

Debate: 4th Fridays (except a week before or within exam) -----
8.00pm -10.00pm

Social night: Shortly before Mid-term break and once after termly Examination*(Activities: Drama/

cultural display/film show on morally social issues, e.t.c) -----
8.00pm - 10.00pm

Film show: Every night after exams and in cases of need -----
-8.00pm - 10.00pm

Angelus: Every 12noon and 6.00pm (The regulator should always ring the bell at the exact time)

13th Congress (Block Rosary- 20 decades in the main field on 13th day of every month) ----5.30pm-6.30pm

Sacramental Confession: Every two Saturdays -----
----4.00pm – 6.00pm

May/October devotions:

N/B: On the 1st and last days of May and October months, if the days are school days and classes hold, 20 decades of the Holy Rosary are said in Procession in the school compound as from 2.40pm in order to accommodate day students and Benediction follows immediately afterwards. No more saying of Holy Rosary by boarding students as well as Benediction later in the evening on these two days. On the contrary, assuming the 1st and last days of May and October fall on a free or non-school day, the 20 decades of Holy Rosary are said at 5.00pm by the boarding students and Benediction follows immediately

afterwards as stated below. On other days of this Month of May/October, these activities hold thus:

Holy Rosary (5 decades) in the school hall-----
--6.30pm

Benediction (Mon., Tues., Wed., Thur. & Fri. = 5.30am & Sat. = 5.45am) before morning mass and on Sundays, as usual.

NOTES:

1. This time table is subject to amendment if need arises.
2. More time should be given for Studies, Manual Labour, Main choir Practices, Sports and Cultural practices whenever there is a serious event pertaining to anyone of them, meaning that the school should give more attention for preparation.
3. The regulator should always ring the first warning bell ten minutes to the actual time of the activity and second bell five minutes before the time. She should ring the bell at the end of every activity. She should for instance, ring bell at the end of morning charge, Siesta, Studies, Games and Labour periods.
4. The hostel prefects should always keep the hostels locked whenever the students are not supposed to be in there like when they ought to be in the classrooms, chapel and refectory but they must be early enough to open the hostels when it is time to go in there.
5. The respective prefects should also put off lights in the hostels, classrooms, refectory, library, infirmary and offices any time these places are not in use. The water prefects and in fact, every student should ensure that taps are closed after fetching water and when water is not running to prevent wasteful out-flow of water when the latter is pumped.
6. The refectory and chapel prefects who hold the keys to the refectory and chapel respectively should always be the first people to arrive there and open these places when they are needed open.
7. The school Matron, Deputy Matron, Auxiliaries and the head functionaries should always help the students and particularly, the regulators to follow this time table religiously.