

George A. Buljan Middle School
Back to School Night
Tuesday, August 13th, 2019

6th Grade: 5:30pm – 7:30pm
7th/8th Grade: 6:00pm – 7:30pm

Where: Buljan Middle School

- **For Parents and Guardians Only – STUDENTS DO NOT ATTEND**
- Visit your student's classroom
- **Follow your student's daily schedule.**
(Students will complete a schedule for you. Please ask them for this on Monday, August 12th.)
- Learn Teacher Expectations/Policies
- Speed Strength Training (SST's) in the Gym at 5:30pm for **all new students:**

Speed Strength Training is a lifelong core body training system to help students improve their fitness level. This is done twice a week in their physical education class on Tuesdays and Thursdays. Students rotate from station to station working on different muscle groups at each station with a short jog included. We hope to see you at the demonstration of our students training in action!

<u>7th and 8th Grades</u>	
<u>Period</u>	<u>Times</u>
1	6:00 – 6:10
2	6:13 - 6:38
3	6:41 – 6:51
4	6:54 – 7:04
5	7:07 – 7:17
6	7:20 – 7:30

<u>6th Grade</u>	
<u>Period</u>	<u>Times</u>
P.E. (SST)	5:30 – 5:55 (Gym)
Block A	6:00 – 6:34
Block B	6:37 – 7:06
Elective	7:09 – 7:30

