更多教学及学习工具，请到WPS稻壳搜索“八不戒”下载。

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| 星期  节次 | | 作息时间  Time Table | 星期一  Monday | 星期二  Tuesday | 星期三  Wednesday | 星期四  Thursday | 星期五  Friday |
| 上  午 | 晨读 | 07:50-08:10 | 语文Chinese |  |  |  |  |
| 第一节 | 08:20-09:05 |  |  |  |  |  |
| 第二节 | 09:15-10:00 |  |  |  |  |  |
| 课间操 | 10:00-10:20 |  | | | | |
| 第三节 | 10:20-11:05 |  |  |  |  |  |
| 第四节 | 11:15-12:00 |  |  |  |  |  |
| 中午 | | 12:00-14:00 |  | | | | |
| 下午 | 第一节 | 14:00-14:45 |  |  |  |  |  |
| 第二节 | 14:55-15:40 |  |  |  |  |  |
| 第三节 | 15:50-16:35 |  |  |  |  |  |
| 第四节 | 16:45-17:30 |  |  |  |  |  |
| 放学 | | 17:45 |  | | | | |

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| 卫生值日表 | | | | | | | | | |
| 星期一 | | 星期二 | | 星期三 | | 星期四 | | 星期五 | |
| 扫地 | 拖地 | 扫地 | 拖地 | 扫地 | 拖地 | 扫地 | 拖地 | 扫地 | 拖地 |
| 赵同学 |  |  |  |  |  |  |  |  |  |
| 钱同学 |  |  |  |  |  |  |  |  |  |
| 孙同学 |  |  |  |  |  |  |  |  |  |
| 李同学 |  |  |  |  |  |  |  |  |  |
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