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| --- | --- | --- | --- | --- | --- | --- |
| 時間 | 星期  節次 | 一 | 二 | 三 | 四 | 五 |
| 7:30 | 到校點名 | | | | | |
| 7:30~7:45 | 晨掃 | | | | | |
| 7:45~8:20 | 早自修 | | | | | |
| 8:30~9:15 | 1 | 領域教學與彈性學習 | | | | |
| 9:25~10:10 | 2 |
| 10:20~11:05 | 3 |
| 11:15:12:00 | 4 |
| 12:00~12:40 | 午餐刷牙時間 | | | | | |
| 12:40~13:20 | 午間靜息 | | | | | |
| 13:30~14:15 | 5 | 領域教學與彈性學習 | | | | |
| 14:25~15:10 | 6 |
| 15:20~16:05 | 7 |
| 16:15~17:00 | 8 | 課業輔導補救教學 | | | | |
| 17:00~ | 放學 | | | | | |

臺南市立中山國民中學108學年度全校一週作息時間表