

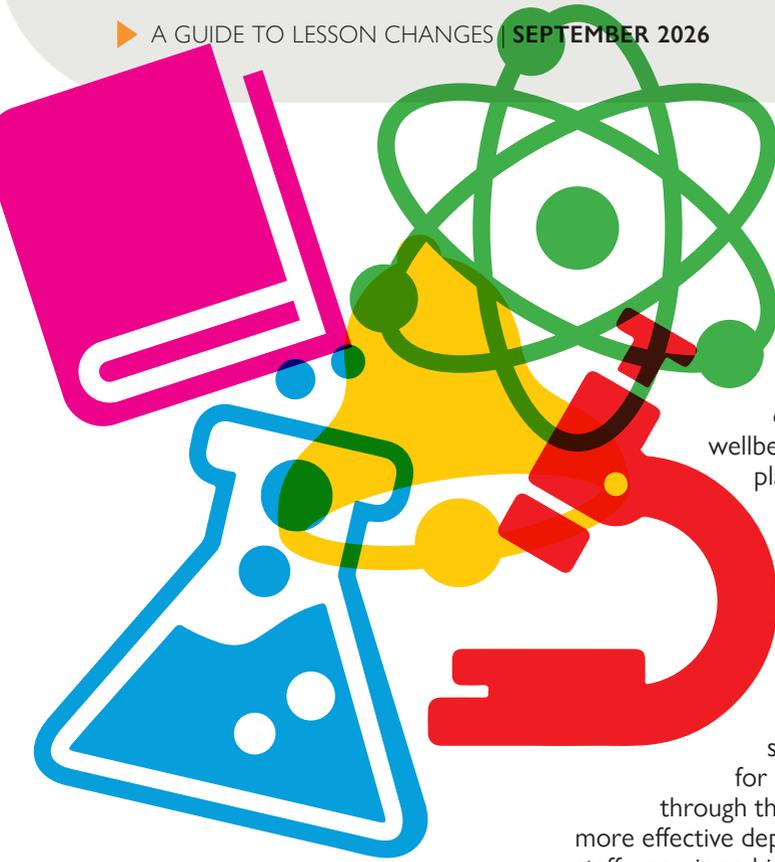
SHAPE OF THE EXETER SCHOOL WEEK

A guide to lesson changes
from September 2026



Exeter
School

A School of Great Character



Why the Shape of the Week Matters

The way a school day and week are structured has a significant impact on learning, focus and wellbeing. Longer, well-planned lessons allow pupils to engage more deeply with their learning, while fewer transitions during the day reduce disruption. Aligning the junior and senior school timetables also supports continuity for pupils as they move through the school and enables more effective deployment of teaching staff, ensuring a high-quality experience for all children.

Shape of the Exeter School Week

From September 2026, the shape of the Exeter School day will change to incorporate longer lessons. These adjustments will improve how the day is organised to support learning and well-being, reduce learning time lost to unnecessary movement, and create stronger alignment between the junior and senior schools.

Start and Finish Times

- Start of the day: 8.35am
(unchanged for both junior and senior schools)
- End of the day:
 - Junior school: 3.45pm (unchanged)
 - Senior school: 3.55pm
(5 minutes earlier than currently)

Senior School Changes

- The school day will move from eight 40 minute lessons to five 1 hour lessons.
- This change reduces the busyness of the day and limits learning time lost through movement between buildings.
- Longer lessons give teachers greater flexibility to plan varied activities and allow pupils time to consolidate and extend their learning.

To ensure lessons remain a full hour, there will be 5 minutes of movement time between:

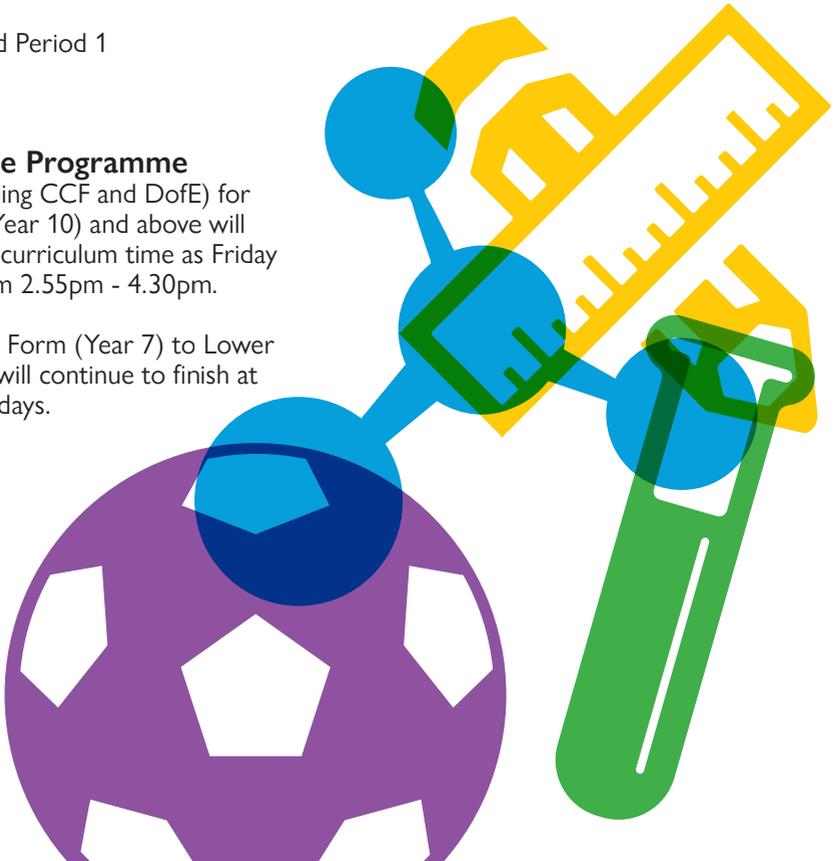
- Tutor time and Period 1
- Periods 1 & 2
- Periods 4 & 5

Friday Service Programme

- Service (including CCF and DofE) for Middle Fifth (Year 10) and above will remain within curriculum time as Friday 5, running from 2.55pm - 4.30pm.
- Pupils in Third Form (Year 7) to Lower Fifth (Year 9) will continue to finish at 3.55pm on Fridays.

Two-Week Timetable

- The senior school will move to a two-week timetable to maintain a broad curriculum and give us greater flexibility in the time given to subjects.
- GCSE pupils will typically have three lessons one week and two the next in option subjects, totalling five hours per fortnight.
- While the two weeks will be similar, pupils will need to know whether it is Week A or Week B.



Junior School Changes

From September, thoughtful adjustments will be made to the timetable to better support learning, wellbeing and alignment with the senior school.

- Lessons will move from 40 minutes to predominantly one-hour sessions, with a small number of 30-minute lessons where appropriate.
- This reduces pupil movement and allows learning to be developed in greater depth with a balance between pace, focus and progress.

Curriculum Development

Modern Foreign Languages will evolve into Culture and Communications (CuCo). Pupils will explore:

- **Lower School:** Exploration of different countries with a focus on culture, communication and global awareness.
- **Upper School:** A carousel of German, French and Spanish to inform language choices for senior school
- **Latin** will remain part of the curriculum in Upper Two for part of the year.

These changes reflect our commitment to a broad, engaging and future-focused curriculum that supports pupil wellbeing and pupils' smooth progression across the school, and give them confidence for the next stage of their education.

Tutor Time

- Tutor time, assemblies and some PSHE content will now take place at the start of each day, aligning junior and senior school routines.
- Junior school pupils will continue to have additional tutor time at the end of the day, as they do currently.

More Information

Mr Fennemore, Deputy Head (Academic):
PJPF@exeterschool.org.uk

Mrs Van, Head, Exeter Junior School:
juniorschoolhead@exeterschool.org.uk

