

BRUIN TIME

at Northrop High School

What is Bruin Time?

Bruin Time is a time for students to discuss upcoming and/or relevant information at Northrop, to talk about issues affecting Northrop students, and to develop a relationship with a staff member who can provide resources to help you have a healthy and enjoyable high school experience. There will also be opportunities to visit specific teachers for academic support during Bruin Time on designated “Flex Days.”

Why Bruin Time?

Relationships are important. Research shows that students who have a trusted adult in high school are less likely to have attendance and discipline issues, more likely to graduate on time, and more likely to pursue post-secondary goals. Research also suggests that even a short break from work during a busy day can help relieve stress and actually increase productivity. Finally, BT gives students a voice to share ideas about ways we can promote a positive school climate for all students.

When is Bruin Time?

Bruin Time will be most Thursdays, from 9:50 to 10:15 **IN YOUR 1ST PERIOD CLASS**. The schedule will be slightly adjusted for Bruin Time:



1 st	9:05 – 9:50
BT	9:50 – 10:15
2 nd	10:21 – 11:05
3 rd	11:11 – 11:55
4 th	12:00 – 1:30
5 th	1:36 – 2:20
6 th	2:26 – 3:15
7 th	3:21 – 4:10

How will Bruin Time benefit me?

Your BT teacher will serve as a resource to you when you need some direction on things from academics to dealing with life events. Additionally, BT is intended to provide students with opportunities to share ideas and concerns, so we can work together to provide you with the best possible high school experience.

What is expected of me during Bruin Time?

The expectation is for you to look at BT as a time to stop and reflect on a variety of things in all aspects of your life. We hope that you’ll be willing to talk about how we can help make your years here at Northrop positive and meaningful in ways that will carry on even after you graduate. Finally, we expect everyone in the Northrop family to treat one another respectfully every day— not just during Bruin Time.

#ProudToBeABruin