

# *Inspire Series 1*

Secondary 3 Student Dashboard

[2026]

## Inspire@HS Series 1 for Secondary 3 students

<b>Tuesday, 24 March</b>	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630	
Sec 3H1, 3H2, 3O, 3U, 3G, 3A	FRC	ApLM																	
Sec 3E, 3N, 3S	FRC	Follow curriculum timetable (in school)																	

<b>Wednesday, 25 March</b>	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630
Sec 3	FRC	ApLM					Recess	ApLM				Lunch Break	ApLM					

<b>Thursday, 26 March</b>	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630
Sec 3	FRC	ApLM					Recess	ApLM				Lunch Break	ApLM					

<b>Friday, 27 March</b>	0730-0800	0800-0830	0830-0900	0900-0930	0930-1000	1000-1030	1030-1100	1100-1130	1130-1200	1200-1230	1230-1300	1300-1330	1330-1400	1400-1430	1430-1500	1500-1530	1530-1600	1600-1630
Sec 3E, 3N, 3S	FRC	ApLM					Recess	ApLM				Lunch Break	ApLM					
Sec 3H1, 3H2, 3O, 3U, 3G, 3A	FRC	HBL																

**Inspire@HS Series 1 - Student Dashboard**  
**Tuesday, 24 March 2026**

	<b>Sec 3 (3E, 3N, 3S)</b>	<b>Sec 3 (3H1,H2,O,U,G, A)</b>
<b>Programme</b>	Normal curriculum time	ApLM@ITE/Poly
<b>Reporting time</b>	7.30am	7.30am
<b>Reporting venue</b>	School	School
<b>Dismissal time</b>	3.00pm	5.30pm
<b>Attire for the day</b>	School uniform	School uniform
<b>Things to bring</b>	Bring necessary learning materials for Tuesday's lesson.	iPad, water bottle and writing materials (pen and notebook)
<b>Other reminders</b>		Note: Selected students from 3H1, H2, O, U, G, A, participating (see email from Lynn 8/3) in ApLM@School will be having HBL. They should follow their Tuesday timetable for HBL assignments on 27 March HBL Day

**Inspire@HS Series 1 - Student Dashboard**  
**Wednesday, 25 March 2026**

**Sec 3**

**Programme**

0800 - 1030: ApLM  
1030 - 1100: Recess  
1100 - 1300: ApLM  
1300 - 1330: Lunch break  
1330 - 1630: ApLM

**APLM @ ITE/ Polytechnics**

**APLM in school venue:**

Brew and balance (3A)  
Beauty and wellness (3E)  
Forensic science (3H2)  
Science Coding (3N)  
STEM F1 (3S)

**Reporting time**

7.30am

**Reporting venue**

In school, respective classrooms

**Dismissal time**

5.30pm

**Attire for the day**

School uniform

**Things to bring**

iPad, writing materials and filled water bottle

**Other reminders**

Students on FAS will need to purchase food from school and bring to the Poly/ITE.  
This is not a late start day

**Inspire@HS Series 1 - Student Dashboard**  
**Thursday, 26 March 2026**

	<b>Sec 3</b>
<b>Programme</b>	0800 - 1030: ApLM 1030 - 1100: Recess 1100 - 1300: ApLM 1300 - 1330: Lunch break 1330 - 1630: ApLM  <b>APLM @ ITE/ Polytechnics</b> <b>APLM in school venue:</b> Brew and balance (3A) Beauty and wellness (3E) Forensic science (3H2) Science Coding (3N) STEM F1 (3S)
<b>Reporting time</b>	7.30am
<b>Reporting venue</b>	In school, respective classrooms
<b>Dismissal time</b>	5.30pm
<b>Attire for the day</b>	School uniform
<b>Things to bring</b>	Writing materials and filled water bottle
<b>Other reminders</b>	Students on FAS will need to purchase food from school and bring to the Poly/ITE.

**Inspire@HS Series 1 - Student Dashboard**  
**Friday, 27 March 2026**

	<b>Sec 3 (3E, 3N, 3S)</b>
<b>Programme</b>	<p><b>3E, 3N, 3S</b>            0800 - 1030: ApLM            1030 - 1100: Recess            1100 - 1300: ApLM            1300 - 1330: Lunch break            1330 - 1630: ApLM</p> <p><b>APLM @ ITE/ Polytechnics</b>  <b>APLM in school venue:</b>            Brew and balance (3A)            Beauty and wellness (3E)            Forensic science (3H2)            Science Coding (3N)            STEM F1 (3S)</p> <p><b>3H1, 3H2, 3O, 3U, 3G, 3A</b>            HBL following Tuesday's timetable for students involved in ApLM@ITE/Poly</p>
<b>Reporting time</b>	7.30am
<b>Reporting venue</b>	In school, respective classrooms
<b>Dismissal time</b>	12.30pm
<b>Attire for the day</b>	School uniform
<b>Things to bring</b>	Writing materials and filled water bottle
<b>Other reminders</b>	<p>Students on FAS will need to purchase food from school and bring to the Poly/ITE.</p> <p>Note: Students on HBL should follow their Tuesday timetable for HBL assignments on 27 March HBL Day</p>