

**Balanced School Day –
St. Francis of Assisi - Guelph and St. John Catholic School - Arthur**

Beginning on Tuesday, September 6, 2011:

Our ‘**balanced school day**’ will adjust the school timetable to provide three learning blocks of 100 minutes separated by two 40 minute breaks.

Time for traditional recesses and noon hour are recombined to form two useful breaks, each with time for nutrition (15 minutes), followed by 25 minutes of supervised activity. Total instructional time remains the same, but is dispersed more evenly and with less time lost for class transitions.

The term ‘balanced school day’ comes from optimizing three important elements during each school day - learning, nutrition, and activity. On the surface, the balanced day is a small change, but it generates real benefits for teaching and learning. Over 100 schools in Ontario are currently using a balanced day, and many more are planning to adopt this enhanced schedule in September.

Beginning Sept. 6th, 2011	
Balanced School Day	
Entry 8:50	
Period 1 8:50 – 9:40	100 min
Period 2 9:40 – 10:30	
Nutrition Break #1 10:30 – 11:10	40 min
Period 3 11:10 – 12:00	100 min
Period 4 12:00 – 12:50	
Nutrition Break #2 12:50 – 1:30	40 min
Period 5 1:30 – 2:20	100 min
Period 6 2:20 – 3:10	
Dismissal 3:10	

NUTRITION BREAKS

There are 2 nutrition/activity breaks: 10:30–11:10 & 12:50–1:30

Children who wish to go home for their lunch may do so from 12:50 pm to 1:30 pm, during the second nutrition break. Parents must provide written permission for students to go home for lunch. Please note that Safety Patrols are not provided during nutrition breaks and that cheese pizza and milk are served during the second nutrition break.

Public Health Snack/Lunch Suggestions

Canada's Food Guide to Healthy Eating offers healthy food choices for both snacks and lunches. Here are some suggestions:

Snacks (first nutrition break)

Hard-boiled eggs	Homemade muffins
Cheese and crackers	Hummus and pita bread
Yogurt mixed and fruit	Fresh fruit
Raw vegetables with dip	Milk pudding

Lunch (second nutrition break)

Monday	Sliced chicken on wholegrain bread, coleslaw, banana, milk
Tuesday	Whole grain crackers, hardboiled egg, cheddar cheese, carrot sticks, orange juice
Wednesday	Whole grain bagel, sunflower seeds, cucumber slices, watermelon chunks, milk
Thursday	Leftover pizza, red and green pepper slices, yogurt, apple juice
Friday	Pita bread stuffed with egg salad, celery and carrot sticks, orange sections, chocolate milk

Litterless Lunches

Students are encouraged to bring snacks and lunches that are litterless. Please help your child accomplish this by providing a sturdy, reusable lunch bag/box and putting sandwiches, fruit, yogurts, crackers, etc. in small plastic/aluminum storage containers. Instead of disposable drink boxes, provide your child with a reusable plastic/aluminum drink container and provide metal spoons/forks instead of disposable plastic cutlery.

Snack/Lunch Ideas

Today's Parent offers an online newsletter "What's for Lunch? Lunchtime planner":
http://www.todayparent.com/lunchbag/article.jsp?content=20040823_105106_4688.
 Sign up for lunch ideas that will be delivered to your e-mail once a week for 10 weeks.

Snack/Lunch Labeling

Students may need some extra help selecting what food should be eaten during the first and second nutrition breaks. It may help to separate the food into two reusable baggies or storage containers, each with a clear label such as "1" and "2" or "SNACK" and "LUNCH". Younger non-readers may find that a system such as colour coding (red = 1st break; blue = 2nd) also works well. As these two nutrition breaks take the place of "lunch" and two "snacks", think of these breaks as each equaling a ¾ lunch meal.

Pizza Days

On a regular basis throughout the school year, parents will be given the chance to pre-pay for milk during the second nutrition break.

Please remember that if you have ordered a pizza or special lunch you still need to provide your child with a healthy snack for the first nutrition break.

For Balanced Day Sample Menus, please see these suggestions:

<http://www.balanceddaylunchkit.com/menu.html>