



EARLY LUNCH HOUR/LATE RECESS

RATIONALE:

At Jerrabomberra, the lunch hour is at an earlier time from 11 – 12 noon. The afternoon recess break is from 1.20 p.m. – 1.40 p.m. This avoids the hottest part of the day for children to be in the playground and supports our Sun Protection Policy.

OUTCOMES:

- Children are not in the sun for their longest class break. This is a sun-safe practice.
- The nutritional needs of students who “skimp” on breakfast are being met at a more appropriate time.
- The learning environment is improved.

IMPLEMENTATION:

*The new break times are:

First bell rings at 8.55 am for lining up.

9 – 11 am : Lessons

11 – 12 noon : Lunch (Students stay with their teacher to eat until 11.10 am)

First bell rings at 11.55 am for lining up at classroom

12 – 1.20 pm : Lessons

1.20 – 1.40 pm : Recess

First bell rings at 1.35 pm for lining up at classroom

1.40 – 3 pm : Lessons

3 pm : School day ends. Buses depart at 3.10 pm.

*These are some of the expected benefits from this arrangement:

- higher proportion of lunches are being eaten
- packed lunches are fresher and thus more palatable
- less wastage of food
- early lunch seems to meet the time of the students’ highest nutritional needs
- reduction in consumption of low-nutrition, high-sugar snack foods at peak hunger times
- increase in classroom concentration
- children are more alert in the afternoon session
- the playground is more settled.

*To avoid any confusion, these times operate summer and winter due to benefits to the learning environment.

EVALUATION:

This practise can be reviewed at any time and changed through school and community consultation. Discussion at P&C meetings would be advisable.