

Dear Parents/Guardians:



Re: **Play First Lunch**

Our school will be trying a new schedule during our lunch break that allows students to play first and then eat. Benefits of the Play First Lunch program include:

- Improved student behaviour on the playground and in the classroom
- Fewer accidents during the lunch break
- Increased food and drink consumption
- Students are quieter and calmer, and focused on eating rather than thinking about getting outside to play
- Less litter on the school ground and inside the school
- Students return to the classroom more quickly and are settled and ready to learn

Before eating lunch, students will be dismissed to the playground to play followed by time for going to the washroom and washing their hands and then sitting down to lunch in their classroom. The new schedule is:

|         |  |
|---------|--|
| 12:00pm | Play time  |
| 12:25pm | Bell to enter to use the washroom and wash hands |
| 12:30pm | Bell to go to classrooms and eat lunch           |
| 12:50pm | Music appreciation/silent reading                |
| 1:00pm  | Afternoon classes start                          |

Schools that have implemented this program have found students are hungrier and thirstier at school. To prevent your child from becoming too hungry, encourage them to eat breakfast and send a healthy snack. Please contact the school for a list of healthy snack ideas or visit the Dietitians of Canada website for lunch and snack ideas at [www.dietitians.ca](http://www.dietitians.ca).

This new schedule will be piloted for up to (insert number) months. After the pilot period, we will be evaluating the program to consider its full implementation. We hope the Play First Lunch schedule will promote healthy eating and improve student achievement.

If you have any questions or comments about this new program, please contact the school.