

Merimbula Public School

Term 2 Lunchtime and Break Arrangement Changes

Dear Parents, Caregivers and Grandparents,

As mentioned in this week's newsletter, the school will be trialling some alternative lunch / break arrangements in Term 2. Changes come as a result of staff and parent suggestions / feedback regarding research into healthy eating and learning practices and have been supported unanimously by the P&C who attended our March meeting.

We will be making our lunchtime earlier, which means:

- Students will eat a more substantial / healthier lunch earlier in the day to fuel their learning in the 2-hour middle session (Session 2). This is also why we have a Crunch and Sip break at around 10am. Students who are not hungry and who are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive.
- Parents / carers can put chicken / cold meats on sandwiches or give their child a healthy salad to take to school for lunch, without fear of them sitting in school bags until 1.30pm.
- Students will have the opportunity to have a longer play after a long morning session to support them in being more engaged during the middle session. *"Exercise is good for thinking because it gets the blood flowing"* (See the "Healthy Kids" site).
- Students will no longer be eating a large meal close to home time, after only snacking throughout the day.
- The morning literacy session will be extended to support student learning and enable lunch orders to be prepared.
- School Assemblies in the Jackson Hall will take place between 1.00 – 2.00pm every second Monday (even school weeks).
- SRC Meetings will take place between 2.30-2.55pm during school weeks where there is no assembly.
- The School Canteen will be open daily for Breakfast (free) 8.30 - 8.50am; Lunch Orders 11.20am delivery; Lunch 11.30 – 12.00pm; and Afternoon Break 2.00 – 2.30pm.
- Some canteen choices will change due to the shorter preparation time and healthy eating recommendations. Certain foods will be available on certain days of the weeks and lunch packs may be ordered. These changes will be communicated via an updated Term 2 Canteen Menu in the coming weeks. Ice blocks and some snack foods will only be available in the Afternoon Break. Fruit and healthy lunch items will be available at Lunch. Hopefully this will support students in selecting healthier options earlier in the day.



These new arrangements will commence on the first day the students return in **Term 2, May 1st**. There will be new break / bell times as follows:

Morning Supervision	8.30am	<ul style="list-style-type: none">• Students can arrive at school / teachers on duty.• Lunch orders are to be taken directly to the canteen by students.• Breakfast Club open at the canteen. Students can eat a free breakfast of toast, cereal and/or fruit.
Session 1	9.00 - 11.20am	<ul style="list-style-type: none">• Classes take place.• 'Crunch and Sip' fruit break takes place around 10am in classrooms.
Lunchtime	11.20 - 12.00pm	<ul style="list-style-type: none">• Students sit and eat their lunch from 11.20-11.30am. Students can eat for longer but can play from 11.30am when the supervising teacher allows them.• Students eat sandwiches / lunch orders at this time.• The Library / Technology Room are open (not Monday).
Session 2	12.00 - 2.00pm	<ul style="list-style-type: none">• Classes take place.
Break Time	2.00 - 2.30pm	<ul style="list-style-type: none">• Students have their afternoon tea "Break".• Snacks / ice blocks are eaten at this time.• Students are seated to eat for 10 minutes before playtime commences.
Session 3	2.30 - 2.55pm	<ul style="list-style-type: none">• Classes take place.

By working together to promote healthy eating in our school we can further support our children to improve their learning. The "School A-Z" web site shares that:


- *Children with good diets perform better at school.*
- *Breakfast is vital to set kids up for learning.*
- *Choose low-GI foods for energy where possible.*
- *Foods rich in proteins and omega-3 fatty acids help children concentrate and learn.*
- *Iron deficiency can leave kids tired and unable to concentrate.*

See the "School A-Z" web site for information about the importance of healthy lunches, healthy lunch ideas and recipes: <http://www.schoolatoz.nsw.edu.au/wellbeing/food>

See the "Healthy Kids" web site for more information about Crunch and Sip breaks and the Australian Dietary Guidelines for healthy kids: <https://healthy-kids.com.au/category/8/crunch-sip>

We will include more information about Crunch and Sip and healthy eating in our newsletters. If you have any questions or suggestions regarding the trial / changes, please contact me at school on 64951266.

Regards,



Michelle Hulme
Principal
March 13, 2013.