

Balanced School Day

What is a Balanced School Day?

The Balanced School Day is an alternative elementary school schedule that improves learning, promotes healthy eating and encourages daily physical activity. The schedule provides three blocks of instructional time and two nutritional/activity breaks.

The following schedule provides an example of a Balanced School Day at Southwood School.

9: 05 am – 11:05 am – LEARNING BLOCK 1
11:05 am – 11:55 am – BREAK (Nutrition/Activity)
11:55 am – 1:10 pm – LEARNING BLOCK 2
1:10 pm – 2:00 pm – BREAK (Nutrition/Activity)
2:00 pm – 3:45 pm – LEARNING BLOCK 3
3:45 - Dismissal

What are the benefits of the Balanced School Day?

There are many advantages to the Balanced School Day schedule, including:

- More uninterrupted instructional time
- Enhanced learning environment
- Improved student concentration and energy levels
- Greater task completion for both students and educators
- Positive influence on student achievement and health
- More time for students to relax and enjoy their lunch
- Improved physical fitness for both students and educators
- More time for daily physical activity and play

Tips for Parents – How to plan and prepare for nutritional breaks

Packing a well-balanced meal for the Balanced School Day can be fun and easy.

Follow these simple suggestions to plan a healthy, nutritious lunch for your child:

- There is no need to pack two lunches, simply divide the contents of a lunch to ensure a fulfilling portion for each nutritional break.
- Sandwiches can be cut in half and wrapped separately.
- Fruits, veggies, crackers and cheese cubes can be placed in separate bags and numbered for each nutritional break.
- Consider packing two nutritious drinks in your child's lunch for each break.
- Pack foods without nuts or nut products in support of our nut aware school policy.
- Involve your child in planning and preparing for his or her nutritional breaks.
- If your child is responsible for packing his or her lunch, please see that he or she has included a balanced selection of healthy foods.
- For each break, try to pack a variety of healthy, nutritious foods from three of the four food groups from Canada's Food Guide to Healthy Eating.

For more tips on how to plan and prepare for the Balanced School Day schedule, please consult your child's teacher.