

# O. V. Jewitt Community School

## EARLY YEARS BALANCED SCHOOL DAY

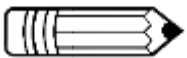
The Balanced School Day schedule divides the school day into three longer learning blocks for Early Years (Grades 1-5). This means that two longer Nutrition/Activity Breaks will be provided in the morning and afternoon instead of the traditional mid-morning/mid-afternoon recess and noon hour lunch. The actual length of the school day remains the same with the **same start and end times** but the time within the day is “balanced” to

help provide longer teaching/learning blocks with two Nutrition/Activity Breaks. Half-day kindergarten classes are not affected by the Balanced School Day.

### Balanced School Day

9:00 a.m.	Start
9:00-10:45 a.m.	<b>Learning Block</b>
10:45-11:30 a.m.	Nutrition/Activity Break (Gr 1-5 only)
11:30 a.m.-12:50 p.m.	<b>Learning Block</b>
12:50-1:45 p.m.	<i>Nutrition (Lunch)/Activity Break (Gr 1-8)</i>
1:45-3:30 p.m.	<b>Learning Block</b>
3:30 p.m.	Dismissal

## Benefits of a Balanced School Day



### Learning

- Less transitions during the day
- Longer teaching and learning blocks for all subject areas which allows for more in-depth learning

### Nutrition

- Two opportunities for nutrition breaks
- Children who eat nutritionally and frequently can concentrate better and more effectively



### Physical Activity

- Two opportunities for longer periods of uninterrupted play
- Quality exercise time energizes students, helps them to concentrate on school work and promotes a healthy lifestyle!
- Opportunities for more activities/intramurals/clubs divided between the breaks