

Dear Families,

Welcome back! We are so excited for the start of the school year and have some important information to share regarding our new timetable. Given the current safety considerations in schools due to COVID19, we have transitioned to the Balanced School Day timetable, this will further aide in social distancing, allowing staggering of our students' recesses and lunches, ensuring there is adequate supervision, reducing congestion throughout our school to increase social distancing, less transitions throughout the day and providing greater physical activity and time outdoors and more balanced nutrition.

## **What is the difference between a traditional school schedule and a balanced school day schedule?**

- The start and end of the day does not change. It is simply how and when breaks are taken to allow for greater physical activity and more balanced nutrition.
- There are three blocks of instructional time
- There are two wellness breaks; two longer breaks instead of two short breaks and one long break.
  - Academic Block 9:00-10:45
  - Activity/Nutrition Break 10:45-11:25
  - Academic Block 11:25-12:55
  - Activity/Nutrition Break 12:55-1:50
  - Academic Block 1:50-3:30

## **What are the advantages of the balanced school day?**

- There is greater opportunity for balanced nutrition and physical activity.
- This approach maximizes teacher-student contact time. There are longer blocks of classroom time and not as many disruptions.
- Less transitions for children- an extended period of play rather than spending time dressing and undressing in the winter months.
- Greater flexibility in scheduling for Music, PE and collegial learning groups.

## **How do I help my child pack their lunch for two nutrition breaks instead of one lunch time?**

We have attached additional resources to this email to help with your nutrition break planning.

Please do not hesitate to call the James Nisbet office if you have any questions about the implementation of the balanced school day.  
204-633-8870