

THE REVERSE LUNCH HOUR

August 31, 2009

Dear Parents/Guardians,

This year at Woodbridge Farms Elementary School we are implementing the reverse lunch hour. This means that students will enjoy their recess/play time at 12:00 p.m. before they eat their lunch, and will come inside at 12:23 p.m. to eat their lunch. This concept was presented to the School Council in June and was supported by them.

WHY?

There is research to suggest that the reverse lunch hour has some positive benefits for students and for the school atmosphere.

- Playing first allows students to burn off some accumulated energy before eating and gives them a better appetite for eating their lunch
- Students can eat their lunch more leisurely, not racing through it in order to get out to play more quickly
- Students often make more nutritious choices when they are not eating in a hurry
- Some students tend to overeat when eating in a hurry
- Students are more focused and ready to learn when they return to work in the afternoon, as the eating time can provide a calming buffer between play and work
- Less peer conflict
- Less commotion in hallways and on the playground
- Cleanliness in classrooms and hallways improved

Students who go home for lunch will return to the classroom when they return to school, rather than the playground, as supervision will be in the classrooms at this time. When students are finished eating lunch, or return from home, they will be asked to read quietly or complete any unfinished school work or homework assignments. This will provide a quiet transition into DEAR time (Drop Everything And Read) which has traditionally followed the lunch hour.

We are looking forward to implementing this new change and will monitor the effects of the reverse lunch hour throughout the year.

Thanks.

Brad Cooksley, Principal

Linda Watt, Assistant Principal

