



# Warradale Primary School

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## Eating and break time trial - term 2 weeks 5-10

Thursday 21 May 2020

Dear Parents and Caregivers,

Following consultation with our staff, Governing Council and canteen, we are going to trial flipping our eating break times in weeks 5 to 10.

Potential benefits include:

- ★ Greater flexibility for teachers and students around supervised eating, including younger students having more supervised time to eat
- ★ Students eating bulkier/healthier food items earlier in the day - more fuel for learning during school hours (under our present structure, when students eat their "lunch" at 12.50pm, by the time body digests it their school day is coming to an end!)
- ★ Reduced food/litter in the yard

As part of the trial:

- We will refer to our breaks as "**first break**" and "**second break**"
- First play break will remain 10.40am-11.10am
- First eating time (supervised in class) will move to 11.10am-11.20am
- Canteen lunch orders will be distributed to classes at the end of the first play break (Wednesday to Friday)
- We will encourage students to eat bulkier/healthier component of lunchbox earlier in the day to provide more fuel for learning
- Second play break will remain 1.00pm-1.30pm
- Second eating time (supervised in class) will be 1.30pm-1.35pm

We will be sending out a survey later this term to gather feedback from parents, students and staff. The information we gather will inform a decision about our break structure for term 3 and beyond.

With kindest regards,

**Josh Vick**  
Principal

# What are other schools saying about “flipped” eating times?

## Morphett Vale Primary

The morning break is the longer one and the children eat lunch when they come in. The second break is shorter and the children eat recess when they come in. The benefits far outweigh any problems but the main problem to overcome was that the canteen couldn't get the lunches done in time for the earlier eating time. To overcome this issue we introduced Qkr app for ordering. Many schools have online orders now anyway. This solved the problem.

## Roseworthy Primary

It has been great. We changed 3 years ago. The biggest impact has been, reducing lost learning time after a break, because: teachers now during eating time can work through any issues from play in eating time; students pack up quickly knowing that eating time starts at the end of play; the only issue has been that some NIT lessons (not teachers release time) have 10 minutes less in a semester as the NIT teachers are supervising eating time. So we make sure this is rotated/swapped across Semester 1 and 2 to be even for students and staff. One of the best things that we did.

## Colonel Light Gardens Primary

This year we have moved to 3,2,1 lesson timetable with lunch eaten after lesson 3. We love it.

## Wallaroo Primary

Works well at wallaroo ps. Kids straight to play, don't scoff their food or throw it away, yard clean. On return to class, time to discuss issues before getting back to learning.

## McLaren Flat Primary

We flipped plays and eating a bit last year at The Flat. Implications have been positive on the whole. We have no canteen so no dramas. Kids are able to finish eating in class after 11.30 and they are eating now at a time when they are hungrier. They don't get kicked out of class at the start of playtime, lunch finished or not, like they used to. So kids tend to get through their lunchbox better. Then kids have another recess type snack at the second break. We have had less incidents in the 'last five minutes' of play since we instigated this. Obviously you have to tweak for your local context, but we have found it to be pretty good and unlikely to change back to the old format.

## Port Lincoln Primary

We have done it this year. And love it. Less rubbish in the yard, more food being eaten instead of going home or being thrown out. The teachers deal with most issues resulting from play because they have time. The kids also eat recess after play in class in the afternoon. Canteen, it has suited them because the volunteers did most of their work before lunch and could then go home rather than staying a half day until 1. We do lunches for the Junior Primary school and they have a different lunch break so it spread out the work. If orders are lost we can provide them for the recess break rather than them missing out. Only issue is that change of names and people finding that hard. Our students have suggested just Break 1 and Break 2.

## New Zealand Cat 1 Primary School (anecdote from Adelaide Principal who did exchange to NZ)

- Kids would eat when they are hungry
- When bell went at end of break, “students zoomed back”
- Gives junior primary teachers an opportunity to read to students whilst they are eating
- Teachers have more time to “trouble-shoot” yard issues after breaks
- Less “wasted time” and “more time for learning”