RATIONAL
The aim of having an early lunch and a late recess was for children to avoid the hottest part of the day to be in the playground. This ties in with our Sun Protection Policy.

OUTCOMES
Children are not in the sun, in the hottest part of the day, for their longest class break. This is a sun safe practice.

The nutritional needs of students who “skimp” on breakfast are being met at a more appropriate time.

The learning environment is improved.

It also has the following additional benefits:

- A higher proportion of lunches are being eaten.
- Packed lunches are fresher and thus more palatable
- Less wastage of food
- Early lunch seems to meet the time of the students’ highest nutritional needs
- Reduction in consumption of low-nutrition, high-sugar snack foods at peak hunger times
- Increase in classroom concentration
- Children are more alert in the afternoon session
- The playground is more settled

IMPLEMENTATION

Break times are:

9 – 11am: Lessons
11 – 11.50: Lunch
11.50 – 1.20: Lessons
1.20 – 1.45: Recess
1.45 – 3pm: Lessons

EVALUATION
This practice can be reviewed at any time and changed through school and community consultation.