



## Henry Larsen Elementary School

1750 Sunview Drive

Gloucester, Ontario K1C 5B3



Monday, May 15, 2017

As a school, we will be implementing a Balanced School Day schedule effective September 5, 2017. The Balanced School Day delivery does not impact school operational hours. It only affects the school timetables, recess times and lunch breaks. Presently, almost all Elementary schools within our District are following the Balanced Day schedule.

The Balanced School Day reorganizes instructional time into larger, uninterrupted blocks of time. It also reorganizes recreational and nutrition times into two larger blocks.

### Current Schedule:

8:30 – 10:10 Instructional Time  
10:10 – 10:25 Recess (15 minutes)  
10:25 – 11:15 Instructional Time  
11:15 – 11:35 Lunch (20 minutes)  
11:35 – 12:15 Recess (40 minutes)  
12:15 – 1:55 Instructional Time  
1:55 – 2:10 Recess (15 minutes)  
2:10 – 3:00 Instructional Time

### Balanced Day Schedule:

8:30 – 10:30 Instructional Time  
10:30 – 10:55 Recess (25 minutes)  
10:55 – 11:15 Nutrition Break (20 minutes)  
11:15 – 1:15 Instructional Time  
1:15 – 1:45 Recess (30 minutes)  
1:45 – 2:00 Nutrition Break (15 minutes)  
2:00 – 3:00 Instructional Time

Below is some additional information/benefits that schools have seen when they have implemented the Balanced School Day.

- Two rather than three outdoor times means less time spent dressing and undressing during instructional time.
- Uninterrupted Literacy and Numeracy blocks as mandated by the Ministry of Education.
- Two nutrition breaks means that instructional time will not be used for snack time.
- Two blocks for extra curricular activities.
- The impact of inclement weather days (both hot and cold) would be less significant as there would not be a long (40 minute) outdoor time.

- There are two nutrition breaks in the Balanced Day schedule for students.
- In consultation with other schools using the Balanced Day model, even the youngest students are able to manage these time frames, especially with two opportunities to eat throughout the day.
- Currently, Junior and Intermediate students have music or sports practices of about 35 minutes, at lunch. With the Balanced Day schedule, if students have a practice, they will have about 10 minutes to eat and 35 minutes to practice, with an additional 45 break either earlier or later in the day.
- The Balanced Day model doubles our practice opportunities.

**Please note that our start and end times will remain exactly the same.** The only change will be a reorganizing of eating and recess time.

Sincerely,  
Christine Camus-Shepley  
Principal  
Henry Larsen Elementary School