



19 March 2019

Dear Parents & Guardians,

Adaptation to the school timetable

Over the course of this week, our school will be adopting a practice that a growing number of schools are implementing, called **Play - Eat - Learn**. This adjustment to our timetable is in response to evidence around brain-based learning that came out of Christchurch post earthquakes.

We believe it will help our students play and learn by:

- Encouraging them to get physical – no other distractions
- Supporting students to eat all/a reasonable amount of their lunch
- Providing three structured opportunities to eat during the day – this keeps blood sugar levels more stable.
- Encouraging hydration – a hydrated brain learns!
- Giving teachers and student the opportunity to connect – find out how lunch has been, model and discuss social situations, eat together etc.

The adjustments to our timetable are minor and are as follows:

8.55:	School starts
9.45-10.15	(10 minute break - at a time convenient to the class programme) EAT
11am	PLAY
11.20am	EAT in class
11.30	LEARN
12.45	PLAY
1.30	EAT in class
1.45	LEARN

Children are encouraged to drink regularly throughout the day, and to eat during their PLAY breaks if they need.

We are interested in the results of this change; any feedback you have would be welcomed at feedback@raumatibeach.school.nz

Nga mihi,

Prisca MacDonald
DEPUTY PRINCIPAL