A Day in the Life of a Balanced School Day

Daily Schedule

9:05 - 11:05   Learning Block 1

11:05 - 11:55   Nutrition and Activity Break

11:55 - 1:10   Learning Block 2

1:10 - 2:00   Nutrition and Activity Break

2:00 - 3:45   Learning Block 3

Academic Benefits

- More instruction time with less interruptions.
- Longer learning blocks for cross curricular learning
- Build skills, knowledge, self-confidence, and self efficacy through inquiry

Nutritional Benefits

- Making time for good nutrition promotes good learning
- Children are not as hungry at the end of the day
- Children who eat nutritionally can concentrate better and more efficiently

Physical Benefits

Two opportunities for 25 minutes of uninterrupted play

Quality outdoor playtime energizes students, helps them to concentrate on school work and promotes a healthier lifestyle!

Increase participation in physical literacy activity initiatives including clubs/activities/intramurals

Social-Emotional Benefits

Build relationships with and between the students and all staff

Deepen student and teacher relationships

Increase in safety and supervision: teachers will be supervising both free play and structured activities

Less stress on students during unstructured times

Teachers will be able to facilitate problem solving as conflicts occur and help build resiliency skills in students

References

Dr. Peter Gray - Importance of Play - [Freedom to Learn](#)

Deep Learning - [NPDL](#)

Power of Inquiry - Kath Murdoch - page 119 - The Role of Play

Time for Learning, Time for Joy - [for Learning - Time for Joy](#)

Governor School - [Governor School](#)

Arborg School - [Arborg School](#)

Eating Right Ontario https://www.eatrightontario.ca/en/Articles/School-Health/Articles/Food-for-a-Balanced-School-Day.aspx

Michigan Department of Education: Active Students -http://www.michigan.gov/mde/0,4615,7-140-74638_67383_67385---,00.html

Questions?