

August 19, 2010

Dear Fairlands Parents:

Beginning this year, Fairlands will be implementing a new *Recess Before Lunch* schedule during our lunch break. Before eating lunch, our students will be dismissed to the playground for play time, and then be brought to the lunch area to eat. Following lunch, students will return to class, ready to learn. Students will have the same amount of play time as last year, and will have a slightly longer time in the lunch area for eating during the new schedule.

Research has shown that there are many benefits to this program. Schools have reported greater nutrient consumption, as children eat a more balanced diet; less plate waste or thrown-away food, as children are more ready to eat and are not in a hurry to play; better classroom performance, as children pay more attention when they are not hungry; better lunchroom and classroom behaviors, as children are focused on lunch rather than the playground and return to class feeling more full and settled. Both Alisal and Donlon implemented this program with great success last year.

You can help with the successful implementation of this change in two ways. First, ensure your student/s **bring a healthy snack to school to eat during the morning snack recess**. This is especially important the first few weeks of school. Students are typically very hungry by first recess. Secondly, you may discuss with your student/s the change in schedule and ensure he/she understands that play time during lunch recess has not changed. Students have the same number of minutes to play. They just get to play first then eat lunch.

We hope that this new schedule will promote better nutrition and student achievement for all of our students. Thank you for supporting this new schedule.

Sincerely,

Kimberley Michels  
Principal