



PLAY FIRST, EAT SECOND

AT MORPHETT VALE PRIMARY SCHOOL OUR STUDENTS:



- Have two outside play breaks during the day.
- The first play break is from 10:40am to 11:10am. The second play break is from 1:00pm to 1:20pm.
- Children are encouraged to eat 3 times during the school day; a fruit break during the morning learning block, an early lunch after the first play break and a light snack during the afternoon learning block

Why we Play first and eat second –

- In the past some children have rushed to finish their food so as not to miss out on play, this has resulted in food being thrown out, left in the yard or taken back home spoiled.
- All eating times will be together as a class and supervised by an adult.
- Children won't be rushed and slow eaters are more likely to finish their food.
- Adults can encourage students to eat the best foods for that time of day to optimise learning.
- Eating will be a relaxed, social time.
- As eating time will happen straight after outside play, the children will have time to talk to their teacher about any issues they had at play time without cutting into teaching or learning time.

Why we eat an early lunch and an afternoon snack –

- Children will eat their lunch (usually carbohydrate / protein / vegetable -slow energy release foods) early in the day and their snack foods (often high in sugar – quick release energy) late in the day when learning time is almost over.
- Lunch foods won't be sitting in hot school bags for as long or in the middle of the day. Your child will benefit from a fresher lunch.
- Children struggle to concentrate on learning without the necessary food and water intake. Eating the right foods during the day is important for brain function and concentration.
- Often children have 3 or 4 pieces of food for recess and after eating these, they aren't hungry at lunch so the good stuff (sandwich/roll etc) gets wasted.



Why our morning play break is longer and our afternoon play break shorter-

- Children will be exposed to the sun longer, earlier in the day. The temperature usually doesn't reach its maximum until later in the day so our children are less likely to miss outside playtime.
- Statistics show that most yard incidents happen in the last ten minutes of lunch play break. Changing our play break lengths has decreased our number of yard incidents.



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SO WHAT WILL IT LOOK LIKE?

8:50am school starts (no change)

9:00 – 10:40 Learning Time – children have fruit break during this block (no change)

10:40 – 11:10 Outside Play (10 mins longer than it used to be)

11:10 – 11:20 Supervised Eating – Lunch foods (changed)

11:20 – 1:00 Learning Time

1:00 – 1:20 Outside Play (10 mins shorter than it used to be)

1:20 – 3:00 Learning time – children will be given a snack break when they come in (change)

3:00pm Home time (no change)

