

Play first, then eat, then learn

For the first week in Term 3, the Golflands Campus will be trialling a new arrangement for our lunch times.

Presently, the lunch bell goes at 12 noon and students sit down for 10 minutes to eat their lunch. When the 12.10pm bell goes, students usually stop eating and head off to play. In fact, there is a trend to rush through their lunches before the 12.10pm bell goes, so that they would have as much time as possible to play.

For the first week of Term 3, we will trial flipping the current arrangement. Students will go straight to play when the 12 noon bell goes and then have their lunch at 12.30pm. Usually, there is just over an hour between morning tea and lunch; with this arrangement, the period extends between meals to 1 ½ hours.

The aim is to provide maximum play time, followed by a time to *focus* on eating in a calm, settled way.

Schools that have tried it report that when children play before lunch, there is less food waste and more fruit and vegetables eaten, and some teachers report there are fewer behaviour issues.

Golflands Campus Student Voice: (What do our students think?)

Positives	Concerns
<p>Student will come back <i>hungry</i> from playing and will eat more of their lunch</p> <p>Students will be <i>on time</i> coming off the field as they will be wanting to have their lunch.</p>	<p>From 12.30 to 12.45 may still not be <i>enough time</i> for the slow eaters.</p> <p>Can students be given the option of eating earlier? <i>(This will definitely be explored further if we decide to go ahead with the new arrangement.)</i></p>

Please click on the link below if you would like to read more about this initiative.
<https://hail.to/oaklands-school/article/EKGcbP9> - please click on the link and look at page 3 of the Health-Promoting Schools magazine.

Following the trial, we will report back to parents / caregivers. Parent feedback on this initiative will also be encouraged at the time of our report.

Yours sincerely

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