



École Beausejour Early Years School  
900 James Ave.  
Beausejour, Manitoba  
R0E 0C0  
Ph 204.268.2664  
Fax 204.268.4256

M. Carter, Principal  
K Breitsprecher, Asst. Principal

May 16<sup>th</sup>, 2024,

To: Trevor Reid

Re: Request to continue with the Balanced School Day.

I would like to request that you submit a request on behalf of ÉBEYS to continue with the Balanced School Day for an extended period.

Attached is evidence to support:

- The requirements for curriculum/instructional time were met.
- The implementation strategy allowed time for teachers to plan how to structure effective teaching instruction and learning.
- The school community continues to be supportive of the balanced school day.
- The learning environment at École Beausejour Early Years School has benefited from the balanced school day model.

Respectfully,

Michael Carter

Principal

**Assurance for the requirements for the curriculum/instructional time were met:**

At ÉBEYS the move to two nutrition/physical activity breaks has moved “morning snack” time out of the instructional time into the nutrition break time. Depending on the grade level and the season, this has allowed for up to twenty-eight minutes of additional instructional time when compared to the traditional three break day.

**The implementation strategy has allowed for teachers to plan how to structure effective instruction and learning:**

This model allows each teacher to receive at least 180 minutes (about 3 hours) per cycle to plan/prepare for instruction and learning. Additionally, classroom teachers are scheduled to meet in Professional Learning Communities once each cycle to focus on improving their teaching practice and student achievement.

**The school community continues to be supportive of the Balanced School Day Model:**

ÉBEYS has followed the balanced school day model since 2007. All our students and most staff and parents know no other model of timetables. In 2007 and 2014 all staff, students and families completed surveys on the balanced school day.

**Observed benefits of the implementation of this model:**

Academic timetabling, using the Balanced School Day approach of three 100-minute blocks of instructional time, allows for longer lessons to continue without interruptions. In conjunction with implementing the 100-minute blocks at ÉBEYS, we continue to designate one of these blocks specifically to literacy by grade level. This allows optimal use of resource/support staff to support school-wide literacy goals such as small group instruction and responsive literacy practices. Nutritionally, as a school, we have partnered with the community and current staff to provide healthy eating/snacking options. A school-wide breakfast program is in place allowing all students access to healthy options to snack on in the morning and providing lunches for students who come to school without.

Physically, at ÉBEYS the time allotted for physical activity has not changed because of the Balanced School Day. Contractually we were not able to provide two 50-minute breaks but have continued to implement a 40-minute break and a 60-minute break. We continue to promote physical activity by providing extra-curricular activities such as cross-country and triple ball, as well as low organized

games (LOGS) during the first nutrition break. Research shows that quality exercise energizes students and helps them to concentrate on schoolwork and encourages a healthy lifestyle.

In conclusion, we believe the balanced school day has helped us to meet the academic needs of our students and supported their well-being through physical activity and nutrition.

**From:** [Michael Carter](#)  
**To:** [Sara Scott](#)  
**Subject:** FW: Balanced School Day  
**Date:** Friday, May 17, 2024 2:05:34 PM  
**Attachments:** [Outlook-Sunrise lo.png](#)  
[image001.png](#)

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**Mr. Michael Carter**

***Principal,***

***École Beausejour Early Years School***

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[www.sunrisesd.ca/school/beausejour](http://www.sunrisesd.ca/school/beausejour)



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**From:** SA.BEYS PAC Mailbox <EBEYSPAC@sunrisesd.ca>  
**Sent:** Thursday, May 16, 2024 6:33 PM  
**To:** Michael Carter <mcarter@sunrisesd.ca>  
**Subject:** Balanced School Day

To Whom it may concern,

As the Ecole Beausejour Early Years School Parent Advisory Council Chairperson, I am writing today in support of the Balanced School Day model.

If you have any questions, please feel free to reach out to my personal email [bobbiejlund@gmail.com](mailto:bobbiejlund@gmail.com) or by phone 204-228-4523.

Roberta Lund

## ÉBEYS PAC

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