



Hazelridge School
38 Myrtle Street
Hazelridge, Manitoba
R5M 0C3
Ph 204-755-2214



B. Demers, Principal

May 3, 2024

Dear Ms. Tymko, Mr. Reid, and Sunrise Board of Trustees,

Please accept this letter as a formal request for the Sunrise Board of Trustees & Ministerial approval to maintain the continuation of the Balanced School Day model at Hazelridge School. Our experience with this model, which consists of two breaks instead of three, has demonstrated significant benefits in fostering an optimal learning environment while meeting curriculum standards and instructional time requirements.

Since its adoption, we have observed many advantages across various domains at Hazelridge School:

- Increased uninterrupted instructional time, facilitating longer periods for in-depth learning and exploration.
- Improved nutritional and eating habits, as students now have two meal breaks, promoting a relaxed eating atmosphere conducive to healthier eating.
- Reduced time spent on dressing and transitioning in and out of the school, thus alleviating the stress associated with hurried preparations and more positive behaviours.
- Extended opportunities for play and physical activity, allowing for more meaningful engagement and fostering prolonged periods of active participation.

We are confident that the continuation of the Balanced School Day model aligns with curriculum and instructional time requirements, while improving the overall learning environment here at Hazelridge School.

Sincerely,

Bryna Demers
Principal, Hazelridge School
38 Myrtle Street, Hazelridge, MB R0E 0Y0
Ph: 204-755-2214
www.sunrisesd.ca

May 13, 2024

To Whom it May Concern,

I would like to explain why I, the PAC chair, on behalf of the Hazelridge Parent Advisory Council, am in favor of continuing with the Balanced School Day for our students here at Hazelridge School.

As parents, we believe that there are many advantages to this schedule. The students no longer feel rushed to eat so that they can head outside to play. They have a longer outdoor playtime, which is extremely beneficial for their physical and mental health. The shorter transition time also allows for a longer, less interrupted learning block for them to focus and concentrate on their in-class tasks.

The children also do not need to feel rushed in the colder months to get their snowsuits and winter gear on because they have a longer block of time to spend outdoors, which alleviates the stress and anxiety some students may be dealing with.

Eating their lunch a little later in the day has also been helpful with getting the kids through that afternoon slump. It gives them the energy to focus on their school work and push through to the end of the day.

We encourage the Board to continue to support this approach for our school as we have seen the positive impact it has had on our students.

Sincerely,

Holli Gavaga

Hazelridge PAC Chair