



**Balanced School Day Report
May 7, 2024**

The Balanced School Day replaces the traditional school day of two short recesses and a noon break, with three uninterrupted learning periods of approximately 100 minutes each and two nutritional and exercise breaks totaling 90 minutes.

Permission to implement the Balanced School Day model at a school comes through a request letter from the Superintendent to the Minister of Education. The requirements for curriculum and instructional time as well as teaching planning will continue to be met during the Balanced School Day model. The school community, including parents and teachers, need to be supportive of the model. It is recommended that the Board of Trustees supports the school's request as well.

Schools in Sunrise that have been approved for a Balanced School Day:

École Beausejour Early Years School:

- began in 2008
- **renewal request due in May 2024**

Centennial School:

- began in 2010
- **renewal request due in May 2024**

Hazelridge School:

- began in 2013
- **renewal request due in May 2024**

Gillis School:

- began in 2016
- renewal request due in May 2027

École Dugald School:

- began in 2019
- renewal request due in May 2025

École Powerview School will be requesting to implement a balanced school day for the 2024-25 school year.

Motions to support the renewal and implementation requests for the four identified schools will be on the May 21st Board meeting agenda.