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To: Sunrise School Division Board of Trustees

As we look ahead to the 2024-25 school year at École Powerview School, we are hoping to improve the learning environment for our students. One aspect of this is moving to a Balanced School Day for our K-6 students.

Instead of the traditional school day that has two 15-minute breaks and a one hour lunch (30 minutes to eat, 30 minutes of recess), the Balanced School Day equalizes instruction time with two longer activity breaks and defined snack time as well as transition times. *see comparison chart attached

Currently, there are multiple schools in Sunrise that implement the Balanced School Day including: Beausejour Early Years (K-5), Centennial School in Lac du Bonnet (K-6), Hazelridge School (K-5), École Dugald School (K-8), and Gillis School (K-6) in addition to many other schools in Manitoba, Ontario and across the country.

Our parents, guardians, students and staff are excited to implement the Balanced School Day next year, pending your approval and the approval of Manitoba Education.

If you have any questions or concerns, please do not hesitate to contact me.

Sincerely,

Mrs. Chrissy Viznaugh
Principal

As we look ahead to the 2024-25 school year, we are excited to share that we plan on moving to a Balanced School Day for our Kindergarten-Grade 6 students.

Instead of the traditional school day that has two 15-minute breaks and a one hour lunch (30 minutes to eat, 30 minutes of recess), the Balanced School Day equalizes instruction time with two longer activity breaks and defined snack time as well as transition times. *see comparison chart and new Timetable on the next pages.

Pending approval from the Sunrise School Division Board as well as Manitoba Education, we will be implementing the Balanced School Day starting in September 2024.

What are the benefits of the Balanced School Day?

Academics

- More instruction time with less interruptions (i.e. less time on transitions)
- Longer lessons can be continued without interruption (i.e. Solid blocks of literacy and numeracy time; inquiry-based and hands-on projects; science activities, art classes, and talent development activities that require more time to complete)
- Time and flexibility to program reading, writing, and oral activities in a more integrated way without interruption.

Nutrition

- Research indicates that children need frequent food breaks during the day. The Balanced School Day Schedule provides two opportunities for students to sit down and eat in their classrooms through nutrition breaks as opposed to eating on the run at recess or during instruction time.
- Students who are nutritionally satisfied can concentrate better.
- Creates a culture of calm and healthy eating in the classroom. The Balanced School Day improves learning, promotes healthy eating and encourages daily physical activity.

Physical Activity

- Allows students two longer opportunities to eat, as well as engage in physical activity.
- Quality activity time energizes students, helps them concentrate on school work, and promotes a healthy lifestyle.
- Built in snack and transition times allow students to engage in 15 minutes of activity and 15 minutes of nutrition during the first nutrition/activity break.
- Classroom teachers have the ability to plan for additional movement/activity breaks to meet the specific needs of their students throughout the school day.

A key to success in implementing the Balanced School Day has been educating families in regards to benefits of the Balanced School Day and providing information regarding nutrition and suggestions for organizing their child's lunch bag.

Traditional School Day (current) <i>Bell rings at 8:55</i>	NEW Balanced School Day <i>Bell rings at 8:55</i>
9:00 – 10:30 90 minutes of instruction -No defined time for daily routines -Three 30 minute periods	9:00 – 10:40 100 minutes of instruction & start of day routines -Three 30 minute periods -5 minutes for transitions
10:30-10:45 -15 minute break (Recess) -No defined snack time	10:40-11:10 -15 minute nutrition break (snack) -15 minute activity break (Recess)
10:45 – 11:45 60 minutes of instruction -Two 30 minute periods -No transition time from Recess	11:10 – 12:50 100 minutes of instruction -5 minutes for transitions -Two 30 minute periods & one 25 minute period
11:45 – 12:45 -30 minute Lunch -30 minute Recess	12:50-1:50 -30 minute nutrition break (lunch) -30 minute activity break (Recess)
12:45 – 2:15 90 minutes of instruction -Three 30 minute periods -No transition time from Recess	1:50-3:25 105 minutes of instruction & home-time routines -One 30 minute period & two 25 minute periods -5 minutes for transitions
2:15-2:30 15 minute break (Recess)	
2:30 – 3:25 55 minutes of instruction -Two 30 minute periods -No transition time from Recess -No built-in home room routines	
3:25 dismissal	3:25 dismissal