



Dear Parents,

Huron Christian School is moving to a Balanced School Day. With a Balanced School Day model, we implement almost equal blocks of instructional time separated by two equal activity and nutritional breaks. The school day will continue to start and end at 8:45 and 3:15, respectively. We look forward to experiencing the following benefits from our Balanced School Day:

- More uninterrupted instructional time
- Enhanced learning environment
- Improved student concentration and energy levels
- Greater task completion for both students and educators
- Positive influence on student achievement and health
- Improved physical fitness for both students and educators
- More time for daily physical activity and play

The BSD is based upon brain-compatible learning, which states that academic achievement is enhanced with the alignment of proper nutrition, effective exercise, and consistent and routine teaching/learning sets.

The HCS Balanced School Day Schedule:

8:45-10:15	Instructional Time
10:15-10:40	Active Break
10:40-10:50	Nutrition Break
10:50-1:05	Instructional Time
1:05-1:15	Nutrition Break
1:15-1:40	Active Break
1:40-3:15	Instructional Time



An initial adjustment for parents and students will be what to pack and when to eat what has been packed in the lunch box. We are moving away from a lighter snack in the morning and a more substantial meal at lunch towards two equal nutritional eating times. With a Balanced School Day, a student might eat a vegetable/fruit snack and a sandwich at 10:40 and another vegetable/fruit snack and sandwich at 1:05. Teachers may allow for additional eating times during our transition to this new schedule. Remember that healthy foods promote better learning and living!

See the information at this link for Balanced School Day lunch ideas:

<https://brantfoodforthought.ca/wp-content/uploads/2014/11/One-Month-of-Mini-Meals.pdf>

If you have any questions or concerns, please feel free to contact us.

Sincerely,

A handwritten signature in black ink, appearing to read 'M. Huizenga'.

Michael Huizenga  
Principal