

Date

School Name

School Address

Dear (Name of Principal/Administrator),

I, (name), as a (position: i.e. parent, teacher, staff etc.), am writing this letter to show my support in implementing Recess Before Lunch at (School Name). With the traditional eat-before-play lunch schedule we see that students are rushing through their meal in order to maximize their playtime; resulting in uneaten food, plate waste, decreased nutrition intake, and academic and behavioral challenges. Because students are not eating enough, they are not obtaining the nutrients they need for proper development or function. Studies have also shown that kids that are hungry after lunch are associated with irritability and decreased levels of focus during class, and consequently poorer academic performance. Additionally, playing vigorously after a meal can cause upset stomachs and headaches, leading to frequent nurse visits and less time in class.

A solution for these challenges is to implement Recess Before Lunch. By strategically scheduling recess before lunch, students are eating and drinking more during their lunch time and are returning to class ready to learn. Nutrition and student wellness plays an important role in the development and learning of elementary school students. As seen in many Recess Before Lunch cases, children also feel more ready to learn because their engagement in physical activity prior to lunch allows them to both build an appetite and then spend their excess energy during lunch time rather than in class. Teachers and school staff that have implemented this program have reported positive differences in their students' social behavior and academic performance. Plate waste studies have also shown a decrease in food waste after the implementation of Recess Before Lunch.

Recess before lunch can prove to be greatly beneficial for (School Name) students. For these reasons I support the implementation of Recess Before Lunch at (School Name) and anticipate the day it will be. Thank you.

Sincerely,

(Signature)

Name, Title

Organization if applicable