

Date

Dear parents,

Beginning on (date), (School Name) will be implementing a new schedule change during our lunch periods in participation of an initiative simply known as Recess Before Lunch. Before eating lunch, student will be dismissed to recess for play and afterwards be brought in to eat. They will have the (same/longer) play time and a (same/longer) time in the lunchroom for eating. Following lunch, students will return to class ready to learn.

Many schools across the nation have already implemented this schedule change and have seen various benefits, such as the following:

- Students eat more and waste less food as they are not in a rush to get outside to play, which allows them adequate time to both play and take in more nutrients.
- Classrooms are calmer and less disruptive as students return feeling full and settled.
- Faculty has reported less disciplinary problems and nurse visits.

With this change, we hope and anticipate to promote better nutrition and establish efficient and safe transition for students between lunch break and classes. We will test run this schedule beginning (time period), and if successful, will implement it for the remainder of the school year, while addressing challenges and finding solutions along the way. If you have any questions or concerns, please contact me.

Thank you for supporting (School Name).

Sincerely,

(Signature)

Name, Principal