

Balanced School Day

What is “a balanced school day?”

It is an organizational change within the structure of the school day. Currently, our school has instructional time, recess, instructional time, lunch, instructional time, recess, instructional time, dismissal. A balanced school day schedule would consolidate instructional time into three larger, uninterrupted blocks. Within those blocks there would still be physical education (gym), computer, library, DPA, as well as the other curriculum areas (math, science, etc.) A balanced school day schedule also reorganizes physical activity and nutrition time into two larger blocks.

School start and end times would not change.

What Are the Benefits?

- ✓ Larger uninterrupted blocks of instructional time**
- ✓ Less time lost through transition**
- ✓ Improved task completion**
- ✓ Snack time will not take place during instructional time**
- ✓ Improved nutrition for students (spread out during day)**
- ✓ Students have increased time to eat**
- ✓ Additional options for extra-curricular**