



REVERSE LUNCH PROGRAM

Juniper Ridge Elementary School

Reach High - Serve Well - Learn Together!



Our school will be starting a reverse lunch program that will allow students to play first and then eat their lunch after. This is called a *reverse lunch*. There are several reasons why we implemented the reverse lunch program:

- it is reported by schools who have a reverse lunch students behave better on the playground, when they come in and eat their lunch in the classroom, and in the classroom during afternoon instructional time;
- students take in more nutrients by wasting less and eating more of their lunch;
- students focus on eating rather than rushing through their lunch to get to the playground;
- students feel less stressed to eat lunch quickly before they are rushed outside;
- students need less supervision;
- students litter less on school grounds and

inside the school;

- students start the afternoon calmer and are ready to work after lunch.

Before eating lunch, students will be dismissed to go and play. After playtime, students will have time to go to the washroom and wash their hands before returning to the classroom to eat lunch.

Schedule:

12:05	Dismissed for playtime
12:35	Bell to begin lunch in classroom
12:40	Eating in classroom
12:55	Afternoon instruction begins

The reverse lunch has been shown to be very successful at other schools. Teachers and parents have found that students eat more of their lunch because they are hungrier after active play. It also allows students to be ready for learning, on time because they are not rushing in from outside, and full. When their afternoon studies begin they are ready to learn. There is better supervision out on the playground because supervisors are out and waiting for students rather than trying to help students finish in the classrooms and getting them outside.

Thank you everyone for your cooperation and support!

Antifaef, P., & J. Porowski (2007). "Thinking Outside the Lunchbox: Analyzing the Effects of the Reverse Lunch Schedule on Student Nutrition and Performance." Adminfo BC: British Columbia Principal's and Vice Principal's Association.

Blakesley, Simon. "The Reverse Lunch Hour: Thinking Outside the (Lunch) Box." Canadian Council on Learning

Blakesley, Simon (2009). "The Reverse Lunch Hour." *The Alberta's Teachers Association*.

<https://www.teachers.ab.ca/Publications>