

School Day Schedules

Schools usually run on one of two types of schedules; either the balanced school day or the traditional school day.

The Traditional School Day	The Balanced School Day
<p>A traditional school day is what many parents remember from when they went to elementary school.</p> <p>The traditional school day is broken down into:</p> <ul style="list-style-type: none"> • Four instructional time blocks • Two recesses, usually 15 minutes each • One lunch period, divided into a 20 minute lunch period and a 40 minute recess. 	<p>The balanced school day has become more popular in recent years and it is broken down into:</p> <ul style="list-style-type: none"> • Three instructional time blocks of 100 minutes each; • Two 45 minute nutrition breaks, divided into a lunch period and recess <p>The balanced school day is designed to enhance student learning by having longer teaching periods. Having two recesses rather than three reduces the number of times the children transition from the classroom and outdoor play area, which also decreases the amount of time children spend getting ready for and coming in from recess. Although the total recess time is slightly shorter than the traditional school day, the children have two recesses of equal length allowing them enough time to benefit from being outside.</p>
Sample* Traditional School Day	Sample* Balanced School Day
<p>8:45 – School begins 8:45 – 10:15 – Instructional time block, including play-based learning 10:15 – 10:30 – Morning recess 10:30 – 11:45 – Instructional time block, including play-based learning 11:45 – 12:05 – Lunch 12:05 – 12:45 – Lunch recess 12:45 – 2:00 – Instructional time block, including play-based learning 2:00 – 2:15 – Afternoon recess 2:15 – 3:15 – Instructional Time Block, including play-based learning 3:15 – Dismissal</p>	<p>8:45 – School begins 8:45 – 10:25 – Instructional time block, including play-based learning 10:25 – 11:10 – First nutrition break 11:10 – 12:50 – Instructional time block, including play-based learning 12:50 – 1:35 – Second nutrition break 1:35 – 3:15 – Instructional time block, including play-based learning 3:15 – Dismissal</p>

Note: The above schedules are for information purposes only. Your child's school will provide the details of how the school day is broken down at that school.



Community partners collaborating to achieve the “Best Start” for children 0-12 years