Snack Break

RATIONALE

- Benefits for students: Students should be allowed to eat regularly so that they may benefit in terms of their cognitive, physical and socio-emotional development.
- Promote well-being of students: Students, taking public transport, may take time to reach home and their lunch would be delayed. Providing a 2nd break could ensure that students do not go hungry for an extended period of time.

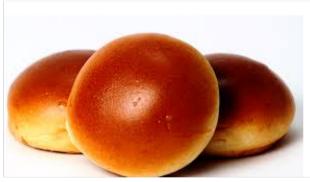
WHAT CAN THEY EAT?













LOWER SEC SNACK BREAK

	MON	TUE	WED	THU	FRI				
	0845 – 0900 Lower Sec Snack Break								

UPPER SEC SNACK BREAK

	MON	TUE	WED	THU	FRI			
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	1145 to 1200 Upper Sec Snack Break							

IMPLEMENTATION OF QSS SNACK BREAK - GUIDELINES

- Lessons to continue during Snack break
- No announcement will be made
- Take out the food and consume without interrupting the lessons
- Snacks to be dry finger-food type
- Tables and floor to be kept clean of crumbs
- Wrappers and plastic bags to be discarded at the end of class