



END HUNGER CONNECTICUT!

Making Room at the Table

Recess Before Lunch

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Task Force on Childhood Obesity

Why Recess Before Lunch?



Kids **PLAY** before they **EAT**

Why Recess Before Lunch?

- * Decreased occurrence of sickness on the playground
- * Release of energy before settling to eat
- * Decreased behavioral problems on playground, at lunch and in the halls
- * Less plate waste – kids drink more milk and waste less food
 - * Kids eat slower and enjoy their meal and socialize
- * Easier to settle into class work after lunch



Connecticut schools who participate in Recess Before Lunch

* **Four schools were interviewed for this presentation:**

Casmir Pulaski Elementary School, Meriden

Israel Putnam Elementary School, Meriden

Vernon Elementary School, Vernon

Skinner Road School, Vernon

Casmir Pulaski Elementary School

Meriden

Extended Day



- * **Principal:** Dan Coffey
- * **Current Grades with Recess Before Lunch (RBL):** Grade 5 (127 children)
- * **Reasons RBL was implemented:**
 - * Cut down on transitions
 - * To improve timeliness
- * **Resulting Benefits:**
 - * Improved behavior in the cafeteria and classroom
 - * Students are more ready to learn and receive instruction
- * **Initial Concerns:**
 - * Teachers were concerned about not having enough time for instruction. Now since achievement scores are matched to teacher's evaluations, teachers valued more time in the classroom.
- * **Solution:**
 - * Emphasis on students being instruction ready after lunch because energy that would have been built up in the classroom has been released during recess time. This helped to elevate the concern of teachers.

Israel Putnam Elementary School Meriden



- * **Principal:** Anne Jellison
- * **Current Grades with RBL:** Grade K – 5 (585 children)
- * **Reasons RBL was implemented:**
 - * Better for children
 - * Easier transitions / settled down better
- * **Resulting Benefits:**
 - * Students concentrated more on lunch
 - * Had fewer office referrals for bad behavior
 - * Lost fewer minutes moving students from lunch to class compared to going to class after recess
- * **There were no concerns or opposition coming from staff, it was fully supported by teachers and other involved staff members.**
- * **Recommendations from principal:**
 - * Schedule lunch waves first, take into account the number of kids in each grade and when they would be hungry. When lunch schedule is set then build in specials (art, music, etc.).
 - * This school prefers to schedule kindergarten last because they have snack in the morning and because they take the most time getting in line for lunch.

Vernon Elementary School

Alternative School for student with behavioral issues
(opened 8/2013)

Vernon



- * **Principal:** Sally Sherman
- * **Current grades with RBL:** K-8 (10 kids)
- * **Recess Before Lunch** was used since school has opened
- * **Lunch is eaten inside the classroom**
- * **Resulting Benefits:**
 - * Behavior of children is calmer and better regulated
 - * Easier transition from recess to classroom
 - * Children are more open to relaxing and eating after recess
 - * Children can better complete their assigned tasks during in classroom lunch time (i.e. setting the table, clean up, etc.)

Skinner Road School

Vernon



- * **Principal:** Sandye Simon
- * **Current grades with RBL:** K, 3rd , and 5th (Next school year all grades will be transitioned to a RBL schedule)
- * **Reasons RBL was implemented:**
 - * Push from district to incorporate more physical activity within the school day
- * **Resulting benefits:**
 - * Reduced illness that would occur from eating before recess
 - * Kids are more active
- * **Initial Concerns:**
 - * Issue with fitting in washing hands after recess to prepare for lunch
 - * Kids are more ramped up coming in from recess and not as calm if there was a longer window of time between recess and lunch. (5th grade class has a two hour window between recess and lunch)
 - * Principal has seen no visible improvements in regards to behavior for grades that participate in RBL

Lunch Wave Schedule

Casimir Pulaski

2012-2013 LUNCH WAVES/TABLE ASSIGNMENTS

LUNCH WAVE	GRADES & CLASSROOMS	RECESS TIME
<small>Teachers must open and pick up students at the cafeteria doors.</small>		<small>Includes 5 minutes of travel time. Recess should be 15 minutes of structured and supervised activity.</small>
FIRST WAVE 11:15 – 11:45	Grade 5: Germain and Wheeler Grade 5: Long and Anastasio	FIRST WAVE 10:55 – 11:15
SECOND WAVE 11:30 – 12:00	Grade 5/4: Daigle and Caruth Grade 4: Oneto and Ogint	SECOND WAVE 11:10 – 11:30
THIRD WAVE 11:50 – 12:20	Grade 4/3: Ogorzalek and Ryczer Grade 4/3: Greenberg and Bates	THIRD WAVE 11:30 – 11:50
FOURTH WAVE 12:05 – 12:35	Grade 3: Baker, Byrne, Emanuel Grade 2: Stath and Blakely	FOURTH WAVE 11:45 – 12:05
FIFTH WAVE 12:25 – 12:55	Grade 2: Clark and Benigni Grade 2: Daniels and Graham	FIFTH WAVE 12:05 – 12:25
SIXTH WAVE 12:40 – 1:10	Grade 1: Andrews and Blumberg Grade 1: Gouin, DeAngelo & Kelley	SIXTH WAVE 12:20 – 12:40

SEATING ARRANGEMENTS

CAFE A (closest to hallway)

CAFE B (closest to outside)

Table 1 Germain, Ogorzalek Clark	Table 2 Germain, Ogorzalek Clark	Table 3 Wheeler Ryczer Benigni	Table 4 Wheeler Ryczer Benigni	Table 9 Daigle Baker Andrews	Table 10 Daigle Baker Andrews/Blumberg	Table 11 Caruth Byrne Blumberg	Table 12 Caruth Byrne/ Emanuel Kelley	Table 13 Ogint Emanuel Kelley
Table 5 Long Greenberg Daniels	Table 6 Long Greenberg Daniels	Table 7 Anastasio, Bates Graham	Table 8 Anastasio, Bates Graham	Table 16 Oneto Stath Gouin	Table 15 Oneto Stath/Blakely Gouin/DeAngelo	Table 14 Ogint Blakely DeAngelo		

Israel Putnam

8/09/13

LUNCH AND RECESS
SCHEDULE
2013-2014

GRADE 3	RECESS 10:35-10:55	LUNCH 10:55-11:25
GRADE 2	RECESS 11:10-11:30	LUNCH 11:30-12:00
GRADE 1	RECESS 11:35-11:55	LUNCH 11:55-12:25
GRADE 4	RECESS 12:00-12:20	LUNCH 12:20-12:50
GRADE 5	RECESS 12:20-12:40	LUNCH 12:40-1:10
KINDERGARTEN	RECESS 12:40-1:00	LUNCH 1:00-1:30

How it effects childhood obesity

Casmir Pulaski kids exercise 3 times during the day:

Morning, PE, and afternoon

Skinner Road buses drops kids ½ mile from school in the morning to get the whole school walking

Opportunities to socialize and de-stress

Less plate waste of healthier foods fruits and dairy

More activity throughout the day



What can we do?

* Support efforts by schools

- * Pedometers, maps, statewide incentive programs to build team work
- * Funding for a mascot
- * Making exercise and eating right fun!

* Bring along teachers

- * Build Recess Before Lunch Toolkit with ideas on scheduling
- * Use Professional Day to work with teachers
- * Keep tab of how it's helping with classroom/recess behavior

Suggestion for Task Force Action

- * **Pilot and Research Program:**
 - * Choose 3 – 5 schools to conduct study on RBL
 - * Measure
 - * Plate Waste
 - * Behavioral Change
 - * Effect of Physical Activity
 - * Assess needed resources
 - * Build toolkit from research
 - * Inclusion in School Wellness Policies



Questions?

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