

# March

Langruth Elementary School  
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## Balanced School Day

### What is a Balanced School Day?

The Balanced School Day is an alternative elementary school schedule that improves learning, promotes healthy eating and encourages daily physical activity. The schedule provides three 100-minute blocks of instructional time and two nutritional breaks and physical activity breaks.

### Benefits of the Balanced School Day!

- Enhanced learning environment
- More uninterrupted instructional time
- Less time getting dressed and undressed for outdoor activities
- Improved student concentration and energy levels
- Greater task completion for both students and educators
- Positive influence on student achievement and health
- Improved physical fitness for both students and educators

10:45 am \*\*\*\*\*NUTRITION BREAK \*\*\*\*

12:55 pm \*\*\*\*\*NUTRITION BREAK \*\*\*\*\*

\*\*\*\*\*IMPORTANT INFORMATION\*\*\*\*\*

As you can see from the times students eat at 10:45 and then not again until almost 1 pm so they need to have a large portion of their lunch at this time to keep them going until 1.



\* There is no need to pack two lunches, **HOWEVER** please pack many healthy items which could include 2 sandwiches and they can simply divide the contents of their lunch to ensure a fulfilling portion for each nutritional break.

Sandwiches can be cut in half and wrapped separately.

Fruits, veggies, crackers and cheese cubes can be placed in separate bags and numbered for each nutritional break.

Consider packing 2 nutritious drinks in your child's lunch for each break.

Involve your child in planning and preparing for his or her nutritional breaks.

If your child is responsible for packing his or her lunch, please see that he or she has included a balanced selection of healthy foods.

For each break, try to pack a variety of healthy, nutritious foods from three of the four food groups from Canada's Food Guide to Healthy Eating.

more problems your child may have.

## **What happens if your child comes to school late repeatedly?**

When students arrive late to school, they are often embarrassed and don't want to come into their classroom. Which can have staff working very hard just to help the student feel comfortable getting into their classroom.

-They may have missed the fun visiting time at the beginning of the school day which is a time when they can connect and catch up with their friends.








-They may have missed the instructions or teacher portion of the lesson and are reluctant to ask for extra help from the teacher.

-When they come in late they interrupt their learning and also that of their classmates.

## **What happens if you pick your child up early, often from school?**

Teachers have a variety of courses to teach your child and if you pick them up frequently at 2 pm or throughout the day, they may be constantly missing certain things.

They could be missing their favorite subject or the same subject everytime meaning they are missing a large chunk of Science, Social Studies or Art. Which can drastically affect their understanding and marks in this subject.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<u>PD Day</u> <u>No School</u>	
6						
	Day 3	Day 4	Day 5	Day 6	Day 1	
	<u>Admin/PD Day</u> <u>No School</u>					
		Day 2	Day 3	Day 4	Day 5	
20	21	22	23	24	25	26
					<u>Last Day of Classes</u>	
	Day 6	Day 1	Day 2	Day 3	Day 4	
27	28	29	30			
Spring Break - March 28-April 1 Classes Resume - April 4th						

## SHAMROCK SHAKES

On Thursday, March 17th we will be selling SHAMROCK SHAKES (Green Milk Shakes) for St. Patrick's Day. If you would like to order one bring \$2 to school and place your order.



## ST. PATRICK'S DAY

EVERYONE WEAR AS MUCH GREEN AS YOU CAN ON THURSDAY, March 17 FOR ST. PATRICK'S DAY!



## ABSENT STUDENTS

We ask that if your child is going to be away from school for any reason that you please call or email the school to inform us. If we do not receive a call we will be calling you by 9:30 AM to check in and see where your child is. You can reach the school at:

Phone: 204-445-2001

Email: [les@pinecreeksd.mb.ca](mailto:les@pinecreeksd.mb.ca)



## DIVISIONAL CURLING

Students from LES took part in the Divisional Curling Bonspiel on Friday, February 25th. This group did an amazing job representing LES with only one team practice before the tournament they tied their first game and lost in the extra end and lost their second game 5 - 7.

Great job LES!!

