

May 8, 2003

‘Balanced Day’ timetable to be implemented for all Halton public elementary schools in September 2003

Timetable balances instruction time with nutrition and exercise breaks

At the Committee-of-the-Whole meeting on Wednesday, May 7, 2003, trustees were advised of a staff decision regarding the implementation of the ‘Balanced Day’ school timetable. Beginning in September 2003, all elementary schools in the Halton District School Board will follow the ‘Balanced Day’ school timetable with the exception of Burlington Central and Aldershot Elementary schools which are Grade 7 to graduation schools.

Since September 2002, eight schools in the Halton District School Board have followed the ‘Balanced Day’ timetable as part of a pilot project. This timetable provides three 100-minute periods of instructional time, divided by two “nutrition breaks” (one of 40 minutes and one of 50 minutes). School communities in the pilot schools completed surveys on the ‘Balanced Day’ timetable at the end of March.

In reaching this decision, school administrators and trustees engaged in discussions with school councils, staff, students and communities about the implementation of the timetable for their school. The ‘Balanced Day’ timetable survey results from the pilot schools were shared with stakeholders and trustees. Senior administration reviewed feedback from parents, students and teachers.

“Overall the feedback has been very positive,” says Suzanne Earle, Assistant Superintendent, with the Halton District School Board. “With the exception of a small number of individual concerns, the feedback has been very positive. Staff members are optimistic that problem-solving around specific challenges will ensure a smooth transition for schools into a Balanced Day timetable.”

Burlington Central Elementary and Aldershot Elementary will not be included in the board-wide implementation of the ‘Balanced Day’ timetable in September. This is because those Grade 7 and 8 classes are located within secondary schools and this results in timetabling difficulties.

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