

### ***Tiffany Hills Nutrition Break Program***

Students go outside for 20 minutes of the Nutrition Break and eat inside for the other 20 minutes, often with older student helpers. Supervising teachers will be “in and out” of the lunchrooms on a very frequent basis as they monitor the classrooms. This method of supervision at lunch is used throughout the HWDSB. Teachers supervise the outside nutrition break recess. At times throughout the year, extra-curricular activities may be offered during lunch recess.

While all students are encouraged to stay at school for both nutrition breaks, parents/guardians may want to consider the benefits of going home for the second nutrition break.

***If your child requires nutrition break services, please complete the Nutrition Break Registration Form attached.***

Our school is an ‘allergy aware’ school. There are children in our school with severe life-threatening food allergies to foods such as peanuts and nuts. This includes any food that has peanuts, peanut oil/nuts or traces of peanuts/nuts in it. We encourage parents and guardians to send foods with their child that DO NOT contain peanut or nut products. Teachers will review these safety concerns with their students during their first week back to school. Please read all labels carefully. If you find the word ‘may contain’ then the item is not safe for school.

Please review the expectations for eating lunch at school with your child. Staff will follow the HWDSB Progressive Discipline Procedure when dealing with inappropriate behaviour during nutrition breaks.

1. All participating students are expected to:

- a) follow the HWDSB and school Code of Conduct
- b) stay on the school property under supervision throughout the lunch period
- c) bring a nutritious ‘nut-free’ lunch including a drink in unbreakable, no spill container
- d) be responsible for clean-up of their own eating area
- e) If a student has permission to go home for nutrition break, as signed by a parent/guardian, the student is to return to the office. An administrator will contact to discuss your child’s need to go home. Should your child go home for lunch they are to be home for the duration of the break and return to the playground 5 minutes before the end of the recess with their class. (1:50pm)

2. If the student is going to be at school but absent for any part of a nutrition break, the parent/guardian must notify the school at 905 304 6223.

**\*\*Please note, we do not support the delivery of Uber Eats, Skip the Dishes, etc. at school. Please keep these orders for when your children are at home with families.**

### Nutrition Break Registration

Please submit this Nutrition Break Registration Form to the office. We ask that a form be signed and returned for each child. Please be sure to label all your child's lunch bags and containers.

Student Name:	Class:
Home Phone:	Emergency Contact:

My child will be coming home every day during and returning to the playground on time 1:15-1:55	YES
Exceptional Reasons Only as discussed with Principal/Vice Principal. My child will be coming home everyday during NB #1 and #2	
My child will go home on these days only (Check all that apply) ( ) MON ( ) TUES ( ) WED ( ) THURS ( ) FRI	

**I am aware of the Nutrition Break guidelines and have discussed them with my child. I also understand that staff will deal with inappropriate student behaviour during the Nutrition Break consistent with HWDSB policies.**

**I am aware that in the event my child must come home or stay for an individual instance a parent phone call is required.**

Parent/Guardian Signature: \_\_\_\_\_ Phone # \_\_\_\_\_

Approved: Principal/VP: \_\_\_\_\_ Date: \_\_\_\_\_

**Legal Authority to Collect Personal Information**

The information on this form is collected under the Education Act and in compliance with the Municipal Freedom of Information and Protection of Privacy Act. The information will be used in an emergency and in the event of a pupil's unexplained failure to arrive at school. Information on this form will become part of the Ontario Student Record. Please contact the School Principal with any questions about the collection of this information.