



Nevada Department
of Agriculture

2019 SOUTHERN NEVADA SCHOOL WELLNESS CONFERENCE

February 9, 2019, 8:00a.m. - 4:30p.m.
College of Southern Nevada, North Las Vegas

<p>RECESS BEFORE LUNCH: AMAZING SIMPLE WAY TO ENHANCE ACTIVITY, NUTRITION AND BEHAVIOR <i>Building C - Rm 2631</i></p>	<p>HEALTHY AND SUCCESSFUL ALTERNATIVES TO FOOD-BASED FUNDRAISERS AND CLASSROOM REWARDS AND INCENTIVES <i>Building C - Rm 1682</i></p>	<p>NUTRITION STANDARDS IN THE WELLNESS POLICY <i>Building C - Rm 1685</i></p>	<p>CREATE YOUR OWN SCHOOL WELLNESS POLICY <i>Building C - Rm 1684</i></p>	<p>FARM TO SCHOOL AND THE WELLNESS POLICY <i>Building C - Rm 1674</i></p>
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RECESS BEFORE LUNCH

Optimizing School Schedules to Support Learning

2019 NEVADA SCHOOL WELLNESS CONFERENCE

RECESS

before

LUNCH



Optimizing School Schedules to Support Learning



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THANKS to my colleagues

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- Montana Team Nutrition
- Smart and Pleasant Mealtimes
- About
- Comfortable Cafeterias
- Recess Before Lunch
- Smarter Lunchrooms
- Lets Eat: Engaging Students in Smarter Lunchrooms

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Montana Team Nutrition / Smart and Pleasant Mealtimes / Recess Before Lunch

Recess Before Lunch

Recess Before Lunch (RBL) allows students to play (go to recess) first, and then have lunch. Play, then eat.

It's an effective School Wellness strategy that helps students eat well and perform well in school.

Schools use Recess Before Lunch for these reasons:

- Improved student behavior on the playground, in the lunchroom and in afternoon classrooms
- Improved lunchroom atmosphere
- Students eat better and waste less

Montana Schools have been leaders in using Recess Before Lunch since 2002. From the experiences gleaned from these schools, we are pleased to share our many resources related to Recess Before Lunch including an updated (2018) Recess Before Lunch Guide!

Recess Before Lunch Guide



Learn all about Recess Before Lunch with Montana's Recess Before Lunch Guide, updated in 2018.

Benefits of Recess Before Lunch



Recess Before Lunch is good for students and teachers.

[Read more >](#)

Sample School Schedules



Examples of RBL schedules.

[Read more >](#)

RBL "Are you ready" Checklist



A list of important things to consider when planning for RBL.

[Read more >](#)

www.montana.edu/teamnutrition/smartpleasantmeals/rbl.html

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WHY?



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**The best schools make decisions
based on the needs and interests of
the students... not the habits
and traditions of the adults.**

@SteeleThoughts



School

Meals

Improve

Learning

Environments



MYPLATE GUIDE TO SCHOOL BREAKFAST

for Families



FRUITS

A full cup of fruit is available every day, providing nutrients that are important for kids' health, such as potassium, dietary fiber, vitamin C, and folate (folic acid).

MILK



Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.



VEGETABLES

Every breakfast does not include vegetables, but schools may offer them in place of fruits.

GRAINS



Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.



PROTEIN FOODS

Some breakfast menus may offer items such as eggs, nuts, or meats to pair with whole-grain options.

MYPLATE GUIDE TO SCHOOL LUNCH

for Families

VEGETABLES



A variety of vegetables helps kids get the nutrients and fiber they need for good health.

MILK



Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.



GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.



PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.

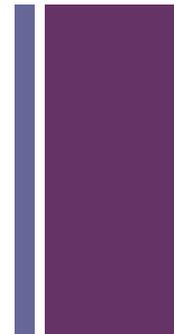
FRUITS



Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.

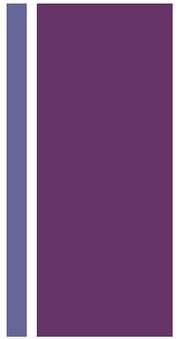
School Meals Feeding Bodies, Fueling Minds

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**It is only NUTRITION
WHEN they eat or drink it**

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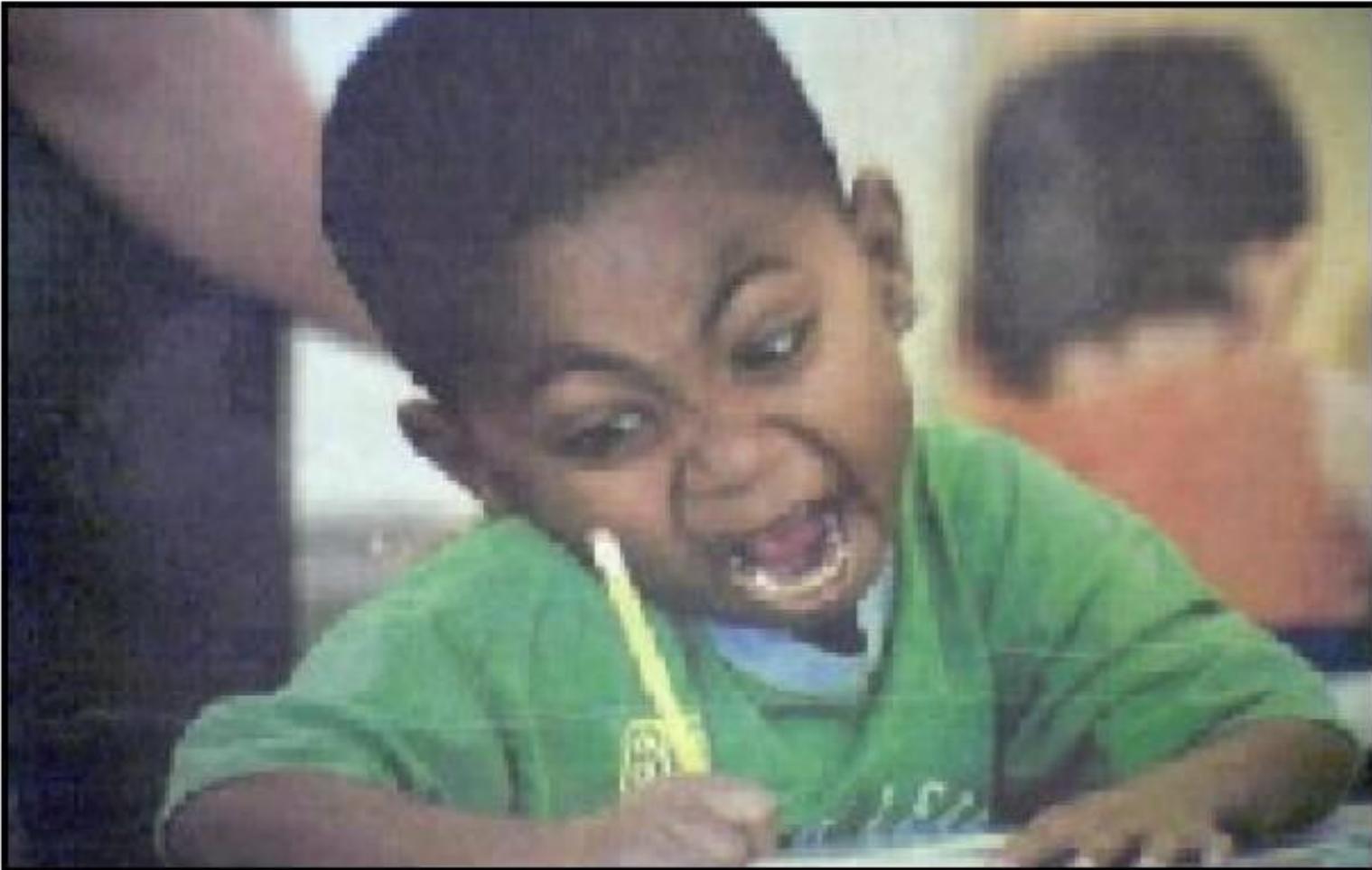


More Fuel Into Students Less Food Into Trash Cans

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So, you're telling me I gotta sit in this chair all day and don't get recess? Excuse me while I misbehave in class.

Known Benefits of Recess

- Provides time for kids to rest, play, imagine, think, move, and socialize
- Increased productivity and attentiveness after a recess break
- Valuable communication skills like negotiation and problem solving
- Promotes social coping skills such as perseverance and self-control



Table of Contents

Introduction.....	1
Recess and lunch with the whole child and community in mind.....	2
Benefits of active recess.....	3
Benefits of balanced school meals.....	4
Benefits of Recess Before Lunch.....	5
Gaining support for Recess Before Lunch.....	9
Strategies for successful scheduling.....	11
Recess Before Lunch checklist.....	15
Recess Before Lunch toolkits and sample schedules.....	16
Creating child-focused recess and lunch environments.....	19
Strategies for successful recess.....	20
Strategies for comfortable cafeterias.....	21
Resources and research bibliography.....	23



We know that Recess Before Lunch is best for our students and we see how it improves the learning environment in the afternoon. It's a schedule shift for our staff and we continually refine our approach with their input."

Montana School Administrator





RECESS AND LUNCH WITH THE WHOLE CHILD AND COMMUNITY IN MIND

Over the past ten years, the role of school health, especially the importance of nutrition and physical activity, has continued to evolve. The original coordinated school health model from the [Centers for Disease Control and Prevention \(CDC\)](#) was expanded to the [Whole School, Whole Community, Whole Child \(WSCC\)](#) model. According to the CDC, this model (illustrated above) "focuses its attention on the child, emphasizes a school-wide approach, and acknowledges learning, health, and the school as being a part and reflection of the local community."

In the Whole Child Model, the scheduling of recess and lunch is important because of the numerous connections among school success, nutrition and physical activity. Recess and lunch are also part of another important discussion in America's schools: food waste. The US Department of Agriculture (USDA) has recognized that schools have a special role in "reducing, recovering, and recycling food waste." [The U.S. Food Waste Challenge](#) specifically recommends Recess Before Lunch and extending lunch periods as two important strategies for reducing food waste in schools.

This guide focuses on the many benefits of an active recess and a comfortable lunch period, preferably in that order.



RECESS BEFORE LUNCH

A Wellness Policy Strategy

32%

of Montana Elementary Schools¹ use Recess Before Lunch (RBL) scheduling for all or some of their students.

Greater nutrient consumption

with less food and beverage waste

Data from a Montana RBL pilot project² shows an overall decrease in average food and beverage waste after implementation of a RBL policy.

Additional findings included:

- Fewer unopened milk cartons – more students opening and drinking milk which nourishes the body and brain.
- Lunchrooms were more relaxed, quiet and conducive to eating, as students were not rushing to get outside.
- Children returned to class more settled, calmer and ready to learn. Because they had eaten well, they tended to stay focused throughout the afternoon.



80%

of Montana Principals surveyed² report

- Improved student behavior on the playground, in the lunch room and in the classroom.
- Increased lunch consumption.
- Decreased food waste.



Time to eat matters!

Scheduling lunch periods to be at least



**20–30
minutes**

decreases food waste⁴ and allows students enough time to eat a balanced meal. Schools can also stagger grades into the lunchroom to minimize time spent waiting in the lunch line and maximize time to eat.

Experts recommend that children have at least 20 minutes of seated time (once they sit down with their meal) to enjoy a complete school lunch or a lunch from home.





United States Department of Agriculture

REDUCING FOOD WASTE

WHAT SCHOOLS CAN DO TODAY



USDA's Economic Research Service estimates

31% of the overall food supply at the retail and consumer level went uneaten in the U.S. in 2010



Scheduling recess before lunch can reduce plate waste by

AS MUCH AS 30%



Extending lunch periods from

20 TO 30 minutes reduced plate waste by nearly one-third



SMARTER LUNCHROOM STRATEGIES

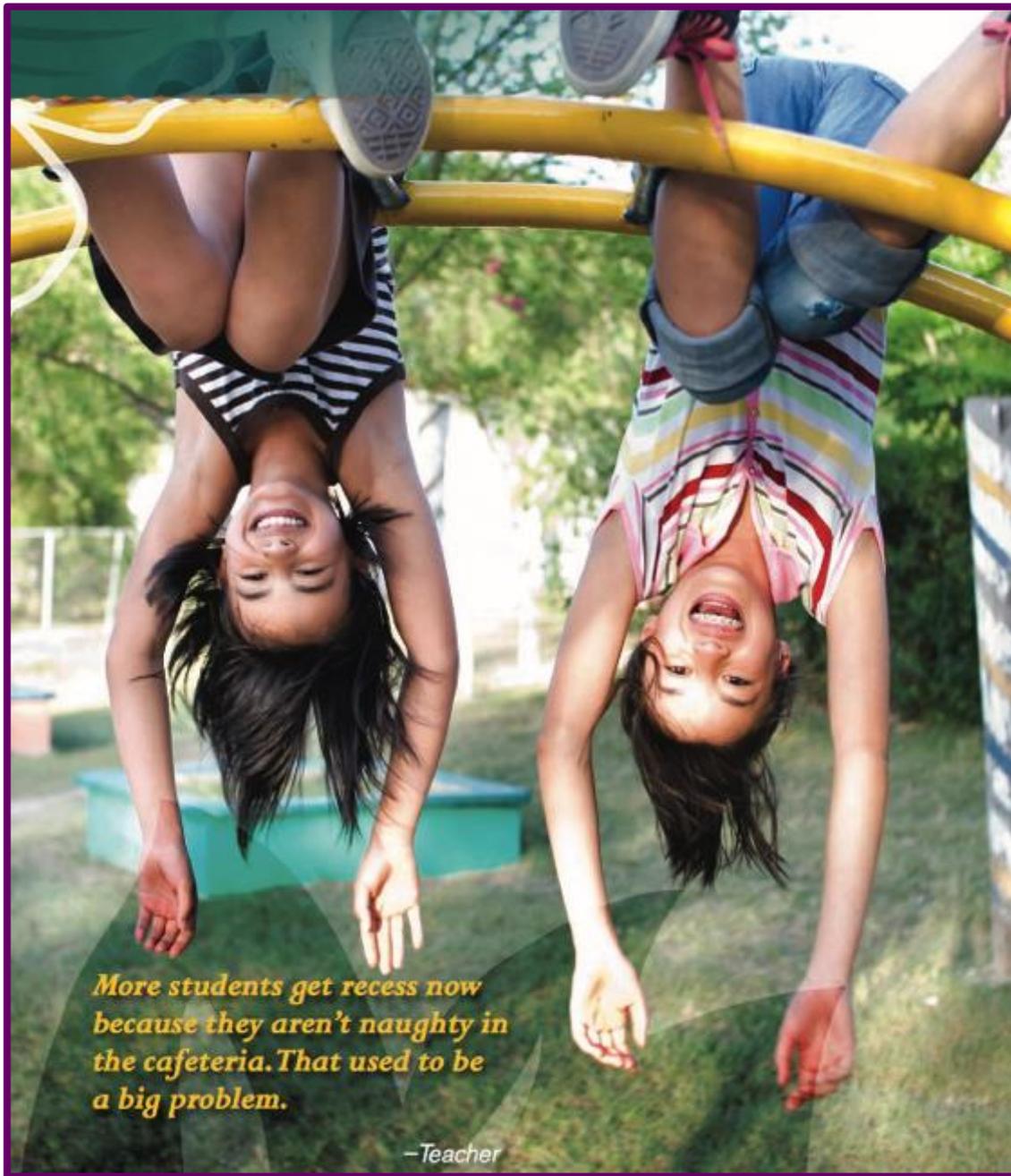
such as how foods are named and where they are placed in the cafeteria, can facilitate healthy choices and increase fruit and vegetable consumption by

UP TO 70%



SCHOOLS ACROSS THE COUNTRY ARE STEPPING UP TO THE CHALLENGE WITH INNOVATIVE NEW STRATEGIES, SUCH AS:





More students get recess now because they aren't naughty in the cafeteria. That used to be a big problem.

—Teacher



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HOW?



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RECESS BEFORE LUNCH CHECKLIST

Use this checklist to consider all the issues involved in the successful scheduling of Recess Before Lunch. Adapted from *Iowa Recess Before Lunch Guide* produced by the Iowa Team Nutrition Program.

Key issues for RBL success	Yes	No	Maybe
Are school administrators supportive?			
Are teachers and aides supportive?			
Is the school nutrition program supportive?			
Would current school nutrition staffing schedule work with RBL?			
Have nearby schools with RBL been contacted for best practices, sample schedules, etc.?			
How will students and parents have chance to provide input on RBL?			
How will all affected staff (teachers, school nutrition, aides, custodians) be able to provide input on RBL?			
Is there a plan to assess success pre- and post-RBL with data collection of food/ beverages consumed vs. wasted?			
How much seated time will students have to eat lunch (at least 20 min.)?			
Is there a plan for adequate staff coverage of recess, lunch and transitions?			
Is there a plan for storage of coats, boots and other outdoor gear?			
Is there a plan for effective handwashing procedures (page 12)?			
Is there a plan for the safe management of lunches brought from home?			
Is there a plan for the management of students with food allergies and other special medical needs?			

Next steps:



STRATEGIES FOR SUCCESSFUL SCHEDULING

Plan your schedule carefully

- Meet with all of the staff involved, especially those directly affected by the schedule change (teachers, aides, school nutrition and custodians) to work out any possible kinks.
- Plan procedures for all cafeteria/lunchroom needs, like how to bring cold lunches from classrooms or lockers, where to store them during recess, and process for handling winter clothing and boots.
- Realize that any schedule is a work in progress, which may need to be tweaked several times. Some schools conduct a trial run or pilot for several weeks to identify issues, and then modify it as needed.
- See examples of [schedules from Montana schools](#).

Allow adequate time for recess, lunch and transitions

- The Centers for Disease Control and Prevention (CDC) and other national organizations recommend giving elementary school students at least 20 minutes of recess daily. Successful recess requires planning, supervision and support. Read more about [Strategies for Recess in Schools](#).
- Scheduling a minimum of at least 20 minutes for lunch from the time they sit down with their tray (i.e. seat time) is recommended, but the actual amount of time needed is dependent on the age and number of students being served in the school. Many Montana schools allow 25–30 minutes total for lunch, especially for younger students who generally require more time to get through the serving line and to eat.
- Try to maximize time to eat while minimizing the time spent waiting in the lunch line.
- Students may need time to adapt to longer lunch periods and to eat more slowly. Having adult mentors eat with students and practice conversations can help. Read more about Creating Comfortable Cafeterias on [Montana Team Nutrition's](#) website.

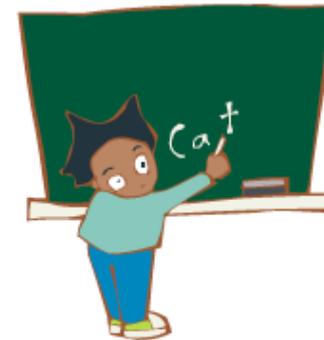
Create positive transitions

- Schools know that transition times, especially those involving going outdoors, coming indoors and moving as a group into other spaces, have the potential to be disruptive.
- There are plenty of ways to get students focused for lunch and back into learning mode in the classroom. The key lies in creating structured, orderly routines and providing engaging, calming tasks that work for various grade levels. For example, using a rotation of student leaders or singing a special song.
- Invite experienced teachers and other staff to share their ideas for effective transitions and to mentor others in routines that work.

Develop a detailed hand washing plan in the schedule

- Hand washing is an important food safety issue and disease prevention strategy. It is one of the most frequently identified barriers to implementing RBL.
- The following procedure has been approved by the Montana Department of Public Health and Human Services Registered Sanitarians:

Include a hand washing plan in the lunch schedule. Hand washing is an important food safety issue that should not be overlooked. Most school schedules are written so that the children come in from recess, put coats away, wash hands, and then enter the lunchroom as a group. Washing hands with soap and water is the recommended method for cleaning hands. The use of a hand sanitizer is not effective in cleaning hands. Hand sanitizers are designed to work in addition to hand washing when applied to already clean hands. For more information, contact the local county sanitarian at the health department.



www.montana.edu/teamnutrition/smartpleasantmeals/rbl.html



Examples of Montana School Schedules

Grades K-5
280 students

K	1	2	3	4	5
		8:30 a.m. Class Starts			
Recess 8:45 - 10:00		Recess 8:45 - 10:00			
	Recess 10:15 - 10:30			Recess 10:00 - 10:15	
					Recess 10:30 - 10:45
	Recess 11:15 - 11:35				
	Lunch 11:35 - 12:00		Recess 11:40 - 12:00		Recess 11:40 - 12:00
Recess 12:05 - 12:25			Lunch 12:00 - 12:25	Recess 12:05 - 12:25	Lunch 12:00 - 12:25
Lunch 12:25 - 12:50				Lunch 12:25 - 12:50	
	Recess 1:15 - 1:30				
		Recess 2:00 - 2:15			
Recess 2:45 - 3:00				Recess 2:30 - 2:45	
	3:30 p.m. Class Dismissed				

Grades K-6
115 students

K-4	5-6
8:25 a.m. Class Starts	
Recess 10:50 - 11:15	
Lunch 11:15 - 11:45	
Recess 2:00 - 2:15	

Examples of Montana School Schedules

Grades 3-5
150 students

3	4-5
8:25 a.m. Class Starts	
Recess 10:15 - 10:30	
Recess 11:30 - 11:55	Recess 11:40 - 12:00
Lunch 11:55 - 12:25	Lunch 12:00 - 12:25
Recess 2:00 - 2:15	

Grades 5-8
680 students

5	6	7	8
8:40 a.m. Class Starts			
		1st Period 8:40 - 9:32	
Recess 9:45 - 10:00		2nd Period 9:37 - 10:24	
	Recess 10:00 - 10:15	3rd Period 10:28 - 11:16	
Recess 11:20 - 11:42		4th Period 11:21 - 12:08	
Lunch 11:42 - 12:03		Recess 12:08 - 12:31	
		Lunch 12:31 - 12:53	
		5th Period 12:58 - 1:45	
		6th Period 1:50 - 2:37	
		7th Period 2:44 - 3:22	

6th and 7th grades have first lunch during 1st and 3rd quarters.
6th and 8th grades have first lunch during 2nd and 4th quarters.

www.montana.edu/teamnutrition/smartpleasantmeals/rbl.html





STRATEGIES FOR RECESS IN SCHOOLS

January 2017



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



SOCIETY
OF HEALTH
AND PHYSICAL
EDUCATORS®
health. moves. minds.



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Recess in Schools

Does your child's school have a daily recess period?

Students should have at least 20 minutes of recess every school day.



Are there active, trained adults on the playground?

Recess staff should be trained in play and positive group-management techniques.



Do all kids feel included?

Kids sit out because they don't feel welcomed. Teaching new games and setting rules against exclusionary behavior help all kids feel comfortable on the playground.



Are there a variety of games for kids to play?

A good recess will give children a choice of games to play.



Do children have a common set of rules to follow?

When kids have a clear set of rules, they spend less time arguing and more time playing and having fun.



Does your child's school withhold recess as punishment?

Recess is a crucial part of the school day and shouldn't be taken away to punish any child.



Do kids solve their own conflicts?

Simple conflict-resolution techniques can prevent disagreements from escalating.



Are kids given the opportunity to lead on the playground?

A great recess allows students to step up and be positive role models for their peers.



Advice from RBL Schools

- Scheduling changes are do-able; they take some creative planning and flexibility. Expect the schedule to be a work in progress. After the schedule is in place, no extra staff should be required as a result of the change.
- Look past the logistics of the scheduling change and focus on what is best for the students. Collect and share examples of positive changes seen on the playground, in the dining areas, and in the classroom.
- Students may be hungrier and thirstier with this change. It is a good opportunity to promote a school breakfast program or to temporarily offer a second chance breakfast service or morning snack. Since school nutrition programs are required to have water accessible in areas where meals are served, this is an excellent time to check the availability and replenish water as needed.
- Since younger students (K-2) may accept the change in scheduling better than the older kids, pilot RBL with younger grades first.
- RBL can be implemented in a variety of ways. Schools in Montana have RBL schedules during all lunch periods or some lunch periods, with students in all grades or selected grades only. Some schools switch in the middle of year, so grades/classes have RBL during the first semester and others have it during the second semester.



RECESS BEFORE LUNCH

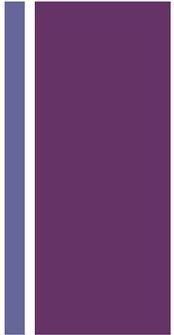
Optimizing School Schedules to Support Learning

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WHO?



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GAINING SUPPORT FOR RBL

Educate staff:

- Educate yourself and your staff, including teachers, all aides, secretaries, nutrition staff, and custodians on the potential benefits of RBL. If possible, visit firsthand, or at least contact, another school that is using RBL. Share information and discuss concerns at a staff in-service. Share a [handout on RBL benefits](#).
- Make a commitment to give a [RBL schedule](#) a fair chance; commit to staying with it for at least a year. Be ready to make adjustments as needed in the first few months. Involve staff in identifying areas of concerns and brainstorming solutions.
- Involve school nutrition staff at every step of the process. They will need to make adjustments and will be key to the success of any meal service.
- Expect some resistance to change and be ready for the small problems that arise. Always keep the benefits front and center: More activity and better nutrition enhance learning environments and improve behavior.



Recess before lunch benefits everyone. Once you get the process in place, it becomes second nature to the students."

Montana School Nutrition Staff



Educate parents:

- Share RBL benefits and links through all the channels that you currently use to educate parents, including school website, newsletters, bulletin boards, teacher conferences and meetings.
- Include RBL information in your social media postings using #recessbeforelunch as a hashtag. Here are two sample messages that can be used on any channel:
 - *Our school has #recessbeforelunch, students play then eat. This way they consume more nutritious @SchoolLunch & more milk*
 - *Our #recessbeforelunch schedule means that students play first. They eat better @SchoolLunch & lunches from #home too*
- Emphasize that RBL will be equally beneficial to students who bring a lunch from home. When students have a more relaxed atmosphere in which to eat lunch, they are likely to bring less uneaten food home.
- Include RBL information/benefits/tips with all school lunch menus provided to parents.

Educate students:

- Any change in scheduling can be successful if students understand the reasons and process.
- Engage student leaders to promote the new schedule on campus and ask for student feedback when appropriate. Student council members and other leaders can also be involved in trouble-shooting minor glitches to help the process run more smoothly.

Educate the community:

- Share the benefits/concept of RBL at a Parent Advisory Council Meeting, or in an article in the local and school newspaper. Share a [handout on RBL benefits](#).



If you eat lunch before recess, you get a tummy ache."

Montana Student



www.montana.edu/teamnutrition/smartpleasantmeals/rbl.html



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<p>Recess Before Lunch Guide</p>	<p>Benefits of Recess Before Lunch</p>	<p>Sample School Schedules</p>	<p>RBL "Are you ready" Checklist</p>
			
<p>Learn all about Recess Before Lunch with Montana's Recess Before Lunch Guide, updated in 2018.</p>	<p>Recess Before Lunch is good for students and teachers. Read more ></p>	<p>Examples of RBL schedules. Read more ></p>	<p>A list of important things to consider when planning for RBL. Read more ></p>

www.montana.edu/teamnutrition/smartpleasantmeals/rbl.html



Questions? Comments?

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THANKS to my colleagues

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**Thank
YOU**



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