

**PLAY HARD
EAT WELL
STUDENTS EXCEL!**

Montana Team Nutrition Program
Montana Office of Public Instruction, School
Nutrition Programs
<http://www.opi.mt.gov/MTeamNutrition>



TODAY'S WEBINAR SPEAKER



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**RECESS FIRST, THEN LUNCH
KIDS PLAY THEN EAT**



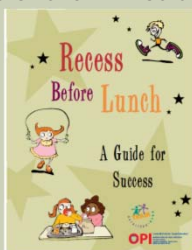
Gallatin Gateway School,
Montana

HISTORY OF RECESS BEFORE LUNCH IN MONTANA SCHOOLS

- Pilot project in 2002-2003 with 4 schools
- Funded with a USDA Team Nutrition Grant
- Measured plate waste and feedback from students, school staff, food service staff
- In 2003, 35 schools in MT were using RBL
- In 2013, **31% of MT schools (275 schools) are using RBL**

RECESS BEFORE LUNCH IN MONTANA SCHOOLS

Recess Before Lunch - A Guide for Success



www.opi.mt.gov/recessbeforelunch

WHAT WE LEARNED

The results of the **Initial Pilot Project** and a **2008 Survey of Montana Principals** yielded positive results!

WHAT WE LEARNED

Benefits of Recess Before Lunch

- Better behavior on playground, in lunchroom and afternoon classrooms
- More teaching time, kids ready to learn
- Less food waste, increased beverage consumption
- Improved cafeteria atmosphere

WHAT WE LEARNED

Benefits of Recess Before Lunch

- ✓ Improved student behavior on the playground, in the cafeteria and in the afternoon classrooms.
- ✓ Increased consumption and decreased food waste of lunch meal. Students consumed more of salad bar offerings and milk.
- ✓ Decreased discipline referrals.
- ✓ Improved cafeteria atmosphere. The atmosphere is calmer and more relaxed. Students have more time to eat and socialize.

WHAT WE LEARNED

Essential Factors for Success

- ✓ Obtain buy in, support and cooperation from staff.
- ✓ Strong administrator leadership is essential.
- ✓ Involve students, parents, and school staff in planning efforts.
- ✓ Start with a limited pilot program or trial period, monitor and adjust as needed.
- ✓ Expect the schedule to be a work in progress.

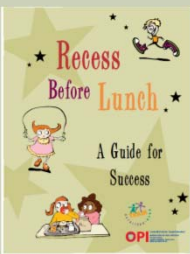
WHAT WE LEARNED

Most Common Challenges

- ✓ Revising the daily school schedule.
- ✓ Implementing a hand washing procedure.
- ✓ Ensuring staffing and supervision.
- ✓ Dealing with the cafeteria layout or space.
- ✓ Working through staff resistance.

RECESS BEFORE LUNCH IN MONTANA SCHOOLS


Recess Before Lunch – A Guide for Success



www.opi.mt.gov/recessbeforelunch


HOW TO USE THE GUIDE

- Provides general information and introduces the RBL concept
- Offers strategies to implementing a successful RBL program
- Practical tips and advice from experienced Principals



HOW TO USE THE GUIDE

- Assistance from Montana Schools
 - Sample School Schedules
 - RBL information for parents and school staff
 - Focus group questionnaires and staff surveys
- Education and Marketing Materials
 - RBL brochure
 - RBL PowerPoint Presentation
 - How to Get Started




HOW TO USE THE GUIDE

Guided website tour

www.opi.mt.gov/recessbeforelunch

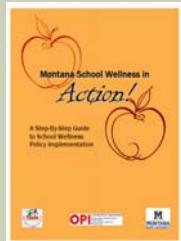




Health is Academic

THE TIME IS RIGHT TO DEVELOP EFFECTIVE SCHOOL WELLNESS POLICIES

- Increased awareness and commitment to nutrition, physical activity and student wellbeing.
- Research proves link between activity, nutrition and academic performance.



<http://www.opi.mt.gov/PDF/schoolfood/wellness/WellnessInActionGuide.pdf>

COMMITMENT TO HEALTHY STUDENTS

Considering Recess Before Lunch?? Please do!

- Prioritizes Activity (Recess time- brain break-playtime)
- Prioritizes Mealtime
 - Enough time to eat - 20 minutes seat time
 - Practice life-long healthy eating skills
 - Trying new foods
 - Eating with friends, social skills
 - Learning to eat slowly, enjoy meals
 - We can do better than the "Herd them in; Herd them out" mentality!

www.opi.mt.gov/pleasantmealtimes

Keeping Our Eye on the Prize



QUESTIONS?



**Contact Montana Team
Nutrition Program**

<http://www.opi.mt.gov/MTeamNutrition>

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