

Peaceful Playgrounds™ newsletter play nice!

Recess Before Lunch: Kids Play Then Eat

Are you thinking of changing the long standing tradition of sending kids to the playground first and then into the lunchroom to eat? Switching the order of playing and eating is becoming more popular as schools look at alternatives for reducing the number of children on the playground at one time. Schools in two states appear to be out-in-front (Arizona and Montana) and have shared some of their experiences providing advice for such issues as: getting buy in from parents and staff, when to switch over to the new system, dealing with hungry kids that are accustomed to eating earlier and developing a recess before lunch policy.

Montana Schools Reap Benefits of Recess Before Lunch

Some Findings from the implementation of recess before lunch are:

- * Improved student behavior on the playground, in the cafeteria and the classroom.
- * Students waste less food and drink more milk. This leads to increased nutrient intake.
- * Improved cafeteria atmosphere.
- * Children are more settled and ready to learn.

For more information and to download brochures visit:

<http://www.opi.state.mt.us/schoolfood/recessBL.html>

<http://www.azcentral.com/families/education/articles/1005edrecess050.html>



Equipment Packs

Time to replenish your Peaceful Playgrounds recess equipment packages. Each pack includes over 200 pieces of equipment for the recess games included in the program.

www.peacefulplaygrounds.com/equipment.htm



Take the Challenge

Need a little motivation to get moving? Join in the Peaceful Playgrounds Challenge. Send a self addressed envelop with a 63 cent stamp to receive your free "Don't Sit, Get Fit" wristband.

Wear your "Don't Sit, Get Fit:" wristband with pride on your Lf arm. That is unless you didn't get in your 30 minutes of recommended exercise. If you skipped your exercise then wear it on your right wrist for the day. This program is aimed at adults that motivate kids to move.

**Peaceful Playgrounds
Workshop
June 25, 2007
Los Angeles, CA**

Call -877-444-9888

Register Early

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