

# Routines

## Nutrition Breaks

Students who stay for lunch, eat in the classroom under teacher supervision. New this year, we will begin each eating time with 7 minutes of "mindful eating" where children can enjoy some wind-down time in a quiet setting after recess.

Students are reminded that their lunch is special and made just for them. Sharing food is strongly discouraged. Please label your child's lunch bag as well as any reusable containers. The children will be encouraged to bring everything home that they did not eat. This is to help you get a sense of what they are eating (or not eating) each day. It also gives us a chance to do our part in helping the environment.



Vista Hills will continue to have two 40-minute Nutrition Breaks. Children will be eating for the first 20 minutes then playing outside for the remainder of the break. Please send a letter

indicating that your child has permission to come home for lunch.

We will also have a **Snack Break** every morning during the first learning block where students will be given time to eat a "pocket-sized" healthy snack as food for their brain.

## Attendance

Attendance is recorded electronically every morning and again after Second Nutrition Break. Should your child arrive after attendance is taken, he/she will be required to get a late slip from the office.

If your child is ill or will be absent, please call the **Attendance Line** which is available **24 hours a day** and leave a message.

**519-570-8073 (ext.3873)**

## Indoor Shoes

Please ensure that your child has a clean pair of shoes which can be left at school. These shoes can be safely stored above the coat racks. This is important in our school environment where we transition to and from the great outdoors frequently.



## Physical Education

Your child will be participating in Phys. Ed. **daily** for 30 minutes. For safety reasons, children must wear appropriate footwear (running shoes) in the gym. We will also incorporate Daily Physical Activity and Mindfulness activities into our schedule to keep children active and ready to learn 😊