

Food and Play at Blockhouse Bay Primary for Learning and Wellbeing



Our timetable

Our timetable provides two 40 minute breaks. Each break includes 10 minutes of eating time.

There will be the opportunity for a 'Brain Food Break' around 10am.

Play at School

Children may play anywhere in the school grounds but must stay inside the school grounds.







Children return to class when the music plays.

Food at School

- Pack two sets of food for your child.
- Include a small snack 'Brain Break Food' in each
- Food might be: sandwiches, dumplings, fish, cheese & crackers, apple, sushi, wraps, rice or bananas
- Please include no chocolate, lollies, chewing gum or anything with nuts
- We are a 'water only school' so no juice, milk or fizzy drink
- We ask that birthdays are celebrated outside of school time



A Day at School

Between 8.15 & 8.30 Arrive at school and get organised for the day
8.50-10.50 Block One: Learning 
10.50-11.30 - First Break: Eat from 10.50-11am, then play  
11.30-1.00 Block Two: Learning 
1.00-1.40 - Second Break: Play, then eat from 1.30-1.40pm  
1.40-3.00: Block Three: Learning 