



W.J. Langlois Catholic School

3110 Rivard Avenue
Windsor, Ontario, N8T2J2
Phone: (519) 948-9122



Mrs. K.A. Bull
Superintendent

Mrs. S. Dauncey - Principal
Mrs. D. Capaldi-Paun - Vice-Principal

Mrs. L. Bourque
Secretary

September, 2021 - REMINDER

Dear Parents/Guardians,

WJ Langlois School will be moving to a Balanced Day Format beginning September 7, 2021. An explanation of what a Balanced Day looks like is detailed below. Please note that our dismissal time will change to 3:30 p.m. beginning September 7, 2021. Our start time will be at 9:10 a.m. with supervision beginning at 8:55 a.m.

What is a Balanced Day?

- A "balanced day" model refers to the organizational structure of the school day.
- Our traditional school day structure included 4 instructional blocks with a morning recess, an afternoon recess, and a 60 minute lunch break midday.
- The balanced day is divided into three 100 minute instructional blocks that are separated by two nutrition/activity breaks of 40 minutes in length (20 minutes nutrition break/20 minutes activity break).

What are the Benefits of a Balanced Day?

Academic Benefits:

- With this model, the large uninterrupted blocks of instructional time allow for more focused instruction. This will provide increased opportunities for educators to extend and support student learning.
- Within this structure, there is a decrease in the amount of student transitions so less instructional time is lost through transitioning.

Nutritional Benefits:

- This structure allows for improved student nutrition with two scheduled 20 minute nutrition breaks throughout the school day.
- Snack time will no longer need to take place during instructional time.

Programming Benefits:

- The three 100 minute instructional blocks allow flexibility in scheduling 100 minutes of uninterrupted literacy and 60 minute of uninterrupted numeracy blocks.
- This model eliminates the 60 minute lunch hour, which can be too long of an unstructured time for some students, and replaces it with two 40 minute breaks including a 20 minute nutrition break and a 20 minute activity break.
- This model allows for flexibility to rotate the nutrition and activity breaks of certain divisions, so as to decrease the number of students outside at one time and allow for maximum use of playground space.

WJL Balanced Day 2021/2022

Time	WJL Schedule 2021/2022
8:55-9:10 a.m.	Open Entry (students enter the school and prepare for the day)
9:10 a.m.	Morning Bell
9:10-10:50 a.m.	100 Minutes of Instructional Time
10:50-11:30 a.m.	20 Minute Nutrition Break (Indoor) 20 Minute Activity Break (Outdoor)
11:30-1:10 p.m.	100 Minutes of Instructional Time
1:10-1:50 p.m.	20 Minute Nutrition Break (Indoor) 20 Minute Activity Break (Outdoor)
1:50-3:30 p.m.	100 Minutes of Instructional Time
3:30 p.m.	Dismissal Bell

How to Pack Meals for a Balanced Day?

- A balanced school day does not require parents/guardians to provide more food for their child's lunch. The lunch and snacks that students currently bring to school can be spread out between the two nutrition breaks.
- Packing food for each nutrition break in separate containers and labelling them, "break one" and "break two" could be helpful for students as they transition from one lunch and a snack to two nutrition breaks.
- For more information on how to pack meals for a balanced day, please refer to the attached link from the Windsor-Essex County health Unit:

[Packing a Lunch for a Balanced School Day.pdf](#)

We are very excited to be moving in this new direction. Please contact the school should you have any questions or concerns.

Yours in Catholic Education,

Sonia Dauncey - Principal

Dana Capaldi - Vice Principal