

Snack Break



# RATIONALE

- **Benefits for students:** Students should be allowed to eat regularly so that they may benefit in terms of their cognitive, physical and socio-emotional development.
- **Promote well-being of students:** Students, taking public transport, may take time to reach home and their lunch would be delayed. Providing a 2<sup>nd</sup> break could ensure that students do not go hungry for an extended period of time.



# WHAT CAN THEY EAT?



# LOWER SEC SNACK BREAK

		MON	TUE	WED	THU	FRI
		0845 – 0900 Lower Sec Snack Break				

# UPPER SEC SNACK BREAK

		MON	TUE	WED	THU	FRI
		1145 to 1200 Upper Sec Snack Break				

# IMPLEMENTATION OF QSS SNACK BREAK - GUIDELINES

- Lessons to continue during Snack break
  - No announcement will be made
  - Take out the food and consume without interrupting the lessons
  - Snacks to be dry finger-food type
  - Tables and floor to be kept clean of crumbs
  - Wrappers and plastic bags to be discarded at the end of class
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