

## PARENT NOTICE: Brain Break at SMSS

At Spring Mountain State School our students have access to brain break during the first learning session – usually 9.20-9.30am. This is a school-based decision based on the research that suggests that brain breaks increase student engagement, enhance focus and mood, and improves classroom behaviour. This is not a required eating time if students do not wish to eat and they will not be forced to do so.

In most classrooms' children will continue learning whilst eating or participate in social discussions about learning topics. This means the fruit/vegetable needs to be easy to eat and not messy to eat – particularly around iPads, workbooks and other students. This time allows for students to have a healthy fruit/vegetable snack to reduce any hungry feeling reducing interruptions to learning times. We believe this time is important for our students as we are a school that plays first, eats second. Please see below examples of approved and not approved brain break snacks.



**We encourage fresh fruit and veggies.  
Nothing with preservatives or extra  
sugars.**



If your child has a disability/medical food reason to access an alternative food source at Brain Break and requires an individual FOOD PLAN please contact Principal/Inclusion Team. **No approvals will be given without medical documentation and Principal agreement – as Brain Break is not a required “lunchtime”.** If a child does not like fruit/vegetables then they will have time to eat other foods during their 2 other lunch breaks.