



**RISEDALE**  
A family of learners

**RISEDALE SCHOOL**

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Friday, 3rd October, 2025

Dear Parent/Carer,

**SUBJECT: Adjustment to Break and Lunch Timings**

We are delighted to report the ever-increasing popularity of our school canteen. Our catering team is consistently providing delicious, freshly prepared, and highly nutritious home-cooked meals (as well as breaktime snacks), and it is wonderful to see so many of our pupils taking advantage of these options every day. This popularity is a fantastic indicator that our pupils are well-nourished and, therefore, well prepared for learning in the afternoon lesson.

**Reason for the Schedule Change**

We have now reviewed the changes we made in September (implementing breaktime food and a slightly longer break and shorter lunch). We do not feel the extra 5 minutes at breaktime is necessary and that pupils are easily able to get breaktime food in 20 minutes, but we do feel that pupils would benefit from an extra 5 minutes at lunchtime, as the lunch service is more popular. To ensure that every pupil can enjoy their meal without feeling rushed at lunchtime, and to accommodate the increased number of pupils utilising the canteen, we have decided to make a small adjustment to the school day schedule.

**Effective from Monday, 6th October, 2025, we will be:**

1. **Increasing the lunch period by 5 minutes.**
2. **Shortening the morning break by 5 minutes.**

**Please note that the overall length of the school day will not change.** The school's start time and end time will remain exactly the same. This internal adjustment ensures that all pupils have time to be served and eat comfortably. **The revised schedule will be:**

- **Registration 08:30 - 08:55 (25 mins)**
- **Period 1 08:55 - 09:55 (1 hour)**
- **Period 2 09:55 - 10:55 (1 hour)**
- **Break 10:55 - 11:15 (20 mins)**
- **Period 3 11:15 - 12:15 (1 hour)**
- **Period 4 12:15 - 13:15 (1 hour)**
- **Lunch 13:15 - 14:00 (45 mins)**
- **Period 5 14:00 - 15:00 (1 hour)**

This minor change prioritises a stress-free and enjoyable dining experience for all pupils, reinforcing the positive link between good nutrition and effective education.

Thank you for your understanding and continued support. If you have any questions regarding this adjustment, please do get in touch.

Kind regards,

**Mrs L Greenwood** Headteacher

