A decorative graphic on the right side of the page consists of three blue circles of varying sizes, each with a darker blue center and a lighter blue outer ring. These circles are connected by thin blue lines that form a triangular shape. The largest circle is at the top right, a smaller one is in the middle, and the largest of the three is at the bottom right.

# Parent Lunch Survey Results

Prince George District Parent Advisory Council  
January 30, 2018

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# Summary

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The purpose of this report is to research parent concerns about lunch time in schools in the Prince George school district.

The District Parent Advisory Council (DPAC) has had individuals, or groups of parents, note concerns around times for lunch a number of times in the past. The district has been advised of these concerns at various times in the past.

In order to present data, rather than anecdotal reports, DPAC released an online survey to collect parent responses. We note that parents seldom know exactly what happens in the classroom, as they are typically not there. However, schools seldom know what happens once children reach home. Increasing the communication between the home and the school, in order to improve the lives of our students, is a goal of this report.

Forty-eight percent of respondents reported that their child rarely (29%) or never (19%) finishes their lunch at school. The main reason given for not finishing lunch is lack of time (58%).

Parents were asked about their children after school. When asked if their child was hungry, cranky or irritable, tired or fatigued, or having trouble focusing, 57% said their child was always hungry, and 28% said their child was often hungry, while the other issues were only sometimes a concern (42% sometimes cranky or irritable, 40% sometimes tired or fatigued, 39% sometimes having trouble focusing).

Parents also noted concerns about lunch monitors during lunch, with a number reporting a lack of adult lunch monitors and a reliance on student lunch monitors.

## **Recommendations**

DPAC's recommendations are as follows:

- Increase the amount of time provided for students to eat
- Look at merits of providing reverse lunches (play first, then eat)
- Review adult vs. student lunch time supervision in classrooms
- Engage in further conversation and communication about these issues

We are encouraged by paper based surveys the district has sent out at various elementary schools in January. These surveys give information on the current lunch time arrangements at each particular school, and ask parents if they are satisfied with lunch time provisions, ask for concerns, and what could be done differently. We urge parents and parent advisory councils to continue this conversation with the staff at their child's school, and to remember that purpose of parent advisory councils, according to the school act, is to advise the board and the principal and staff of the school respecting any matter relating to the school – to be a stronger, collective voice of parents.

# Methodology

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The survey was hosted by QuestionPro November 4<sup>th</sup> on our website, which was then automatically reposted to Facebook. The next day, an email was sent out to a PAC representative email list. The survey was in some schools spread by the PAC or school, and in some areas spread through Facebook and emails.

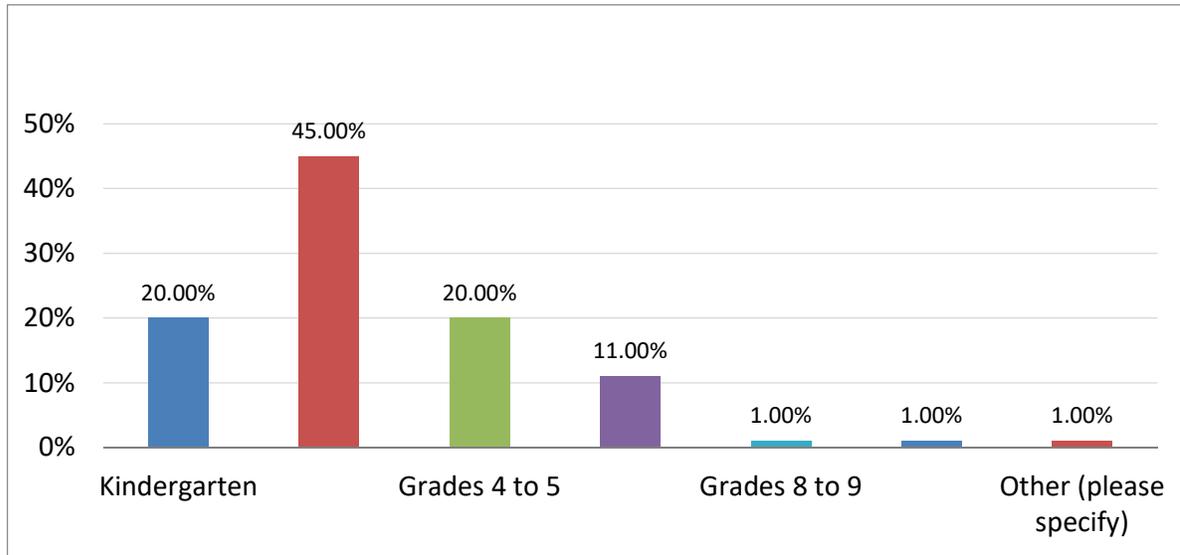
At the school board meeting of November 28<sup>th</sup>, DPAC presented a preliminary report of certain results of the survey in our 5 minute public input session. At that point, there were 698 respondents, from 33 different schools in our district.

As a result of the presentation, information about the survey was made public through radio, newspaper, and TV. As of December 31<sup>st</sup>, there are 974 survey respondents from school district 57, from 38 schools. All elementary schools in school district 57 are represented in these results.

We have not provided results broken down by school in this report. Principals and PACs who wish to see results for their school can contact [info@sd57dpac.ca](mailto:info@sd57dpac.ca) to ask for a report.

# Grade

What grade is your child in? (if you are filling this survey out for more than one child, please select the grade level of your youngest child)



	Answer	Count	Percent
1.	Kindergarten	199	20.43%
2.	Grades 1 to 3	443	45.48%
3.	Grades 4 to 5	196	20.12%
4.	Grades 6 to 7	107	10.99%
5.	Grades 8 to 9	12	1.23%
6.	Grades 10 to 12	10	1.03%
7.	Other (please specify)	7	0.72%
	Total	974	100%

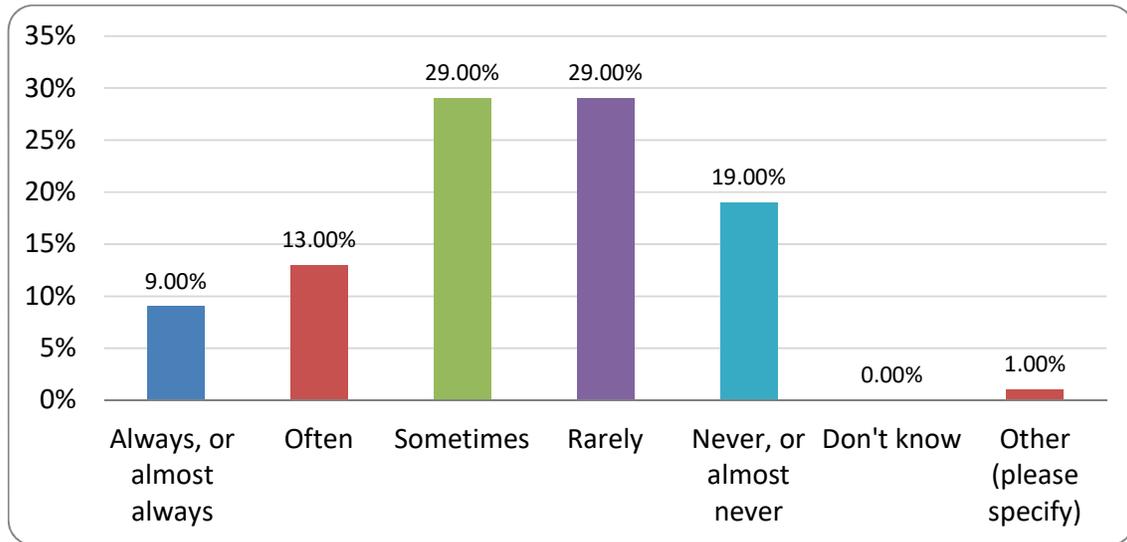
# School

*What school does your child attend?*

School	Percentage of total responses	Number of responses	Number of students	Responses as % of students
<b>Elementary</b>				
Beverly Elementary	1.85%	18	213	8%
Blackburn Elementary	7.49%	73	246	30%
Buckhorn Elementary	1.64%	16	129	12%
College Heights Elementary	11.70%	114	355	32%
Ecole Lac des Bois	5.95%	58	463	13%
Edgewood Elementary	2.87%	28	199	14%
Foothills Elementary	2.87%	28	295	9%
Giscome Elementary	0.21%	2	29	7%
Glenview Elementary	2.67%	26	250	10%
Hart Highlands Elementary	1.85%	18	358	5%
Harwin Elementary	1.13%	11	280	4%
Heather Park Elementary	10.16%	99	549	18%
Heritage Elementary	2.57%	25	408	6%
Hixon Elementary	0.41%	4	33	12%
Malaspina Elementary	4.21%	41	273	15%
McBride Centennial Elementary	0.41%	4	69	6%
Morfee Elementary	2.77%	27	339	8%
Nukko Lake Elementary	1.03%	10	98	10%
Nusdeh Yoh	0.31%	3	173	2%
Peden Hill Elementary	1.03%	10	205	5%
Pineview Elementary	1.95%	19	138	14%
Pinewood Elementary	2.67%	26	171	15%
Polaris Montessori Elementary	6.67%	65	223	29%
Quinson Elementary	1.33%	13	241	5%
Ron Brent Elementary	0.51%	5	218	2%
Southridge Elementary	3.90%	38	359	11%
Springwood Elementary	3.08%	30	192	16%
Spruceland Traditional	4.83%	47	371	13%
Valemount Elementary	0.31%	3	150	2%
Van Bien Elementary	1.95%	19	190	10%
Vanway Elementary	5.75%	56	259	22%
Westwood Elementary	1.33%	13	199	7%
<b>Secondary</b>				
Centre for Learning Alternatives	0.00%	0	337	0%
College Heights Secondary	0.10%	1	931	0%
D P Todd Secondary	0.31%	3	640	0%
Duchess Park Secondary	0.82%	8	1030	1%
Kelly Road Secondary	0.41%	4	733	1%
Mackenzie Secondary	0.31%	3	257	1%
McBride Secondary	0.00%	0	67	0%
Prince George Secondary	0.62%	6	1123	1%
Valemount Secondary	0.00%	0	80	0%
<b>Total</b>	<b>100.00%</b>	<b>974</b>		

# Finish Eating Lunch

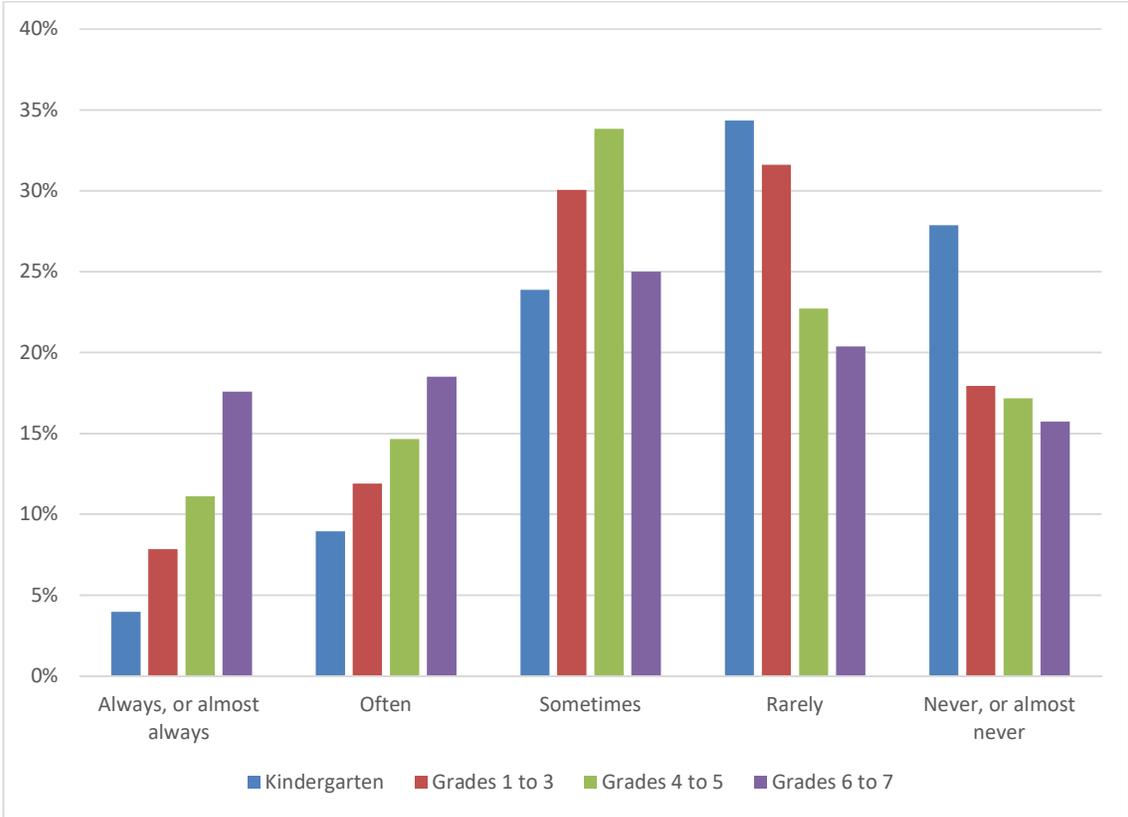
*Does your child finish eating their lunch at school?*



	Answer	Count	Percent
1.	Always, or almost always	88	9.03%
2.	Often	123	12.63%
3.	Sometimes	283	29.06%
4.	Rarely	281	28.85%
5.	Never, or almost never	189	19.40%
6.	Don't know	1	0.10%
7.	Other (please specify)	9	0.92%
	Total	974	100%

# Finish Eating Lunch by Elementary Grade

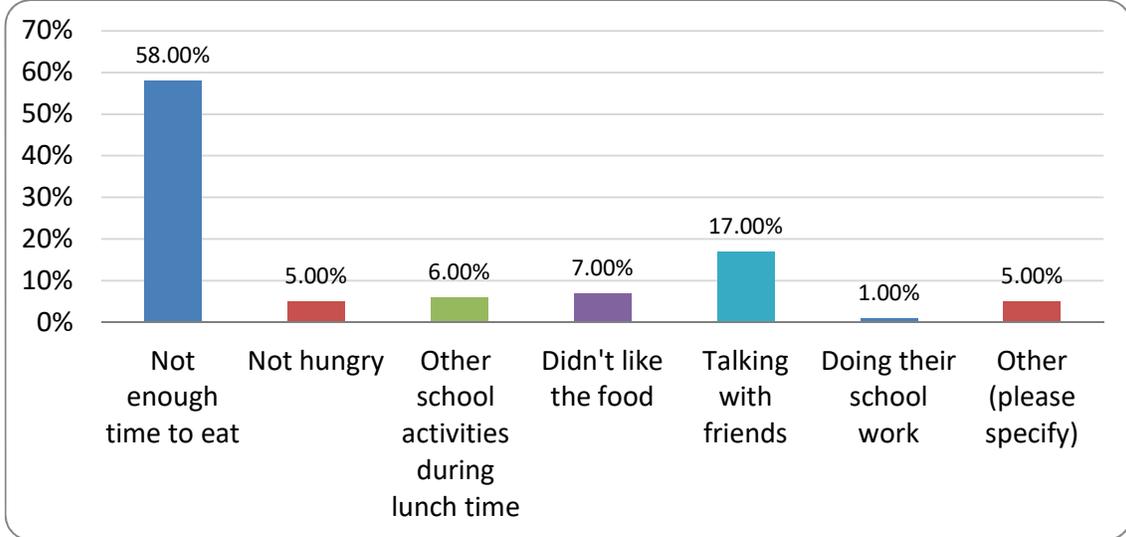
*Does your child finish eating their lunch at school? (Elementary grades only)*



	Kindergarten	Grades 1 to 3	Grades 4 to 5	Grades 6 to 7
Always, or almost always	4%	8%	11%	18%
Often	9%	12%	15%	19%
Sometimes	24%	30%	34%	25%
Rarely	34%	32%	23%	20%
Never, or almost never	28%	18%	17%	16%

# Reasons for Not Finishing Lunch

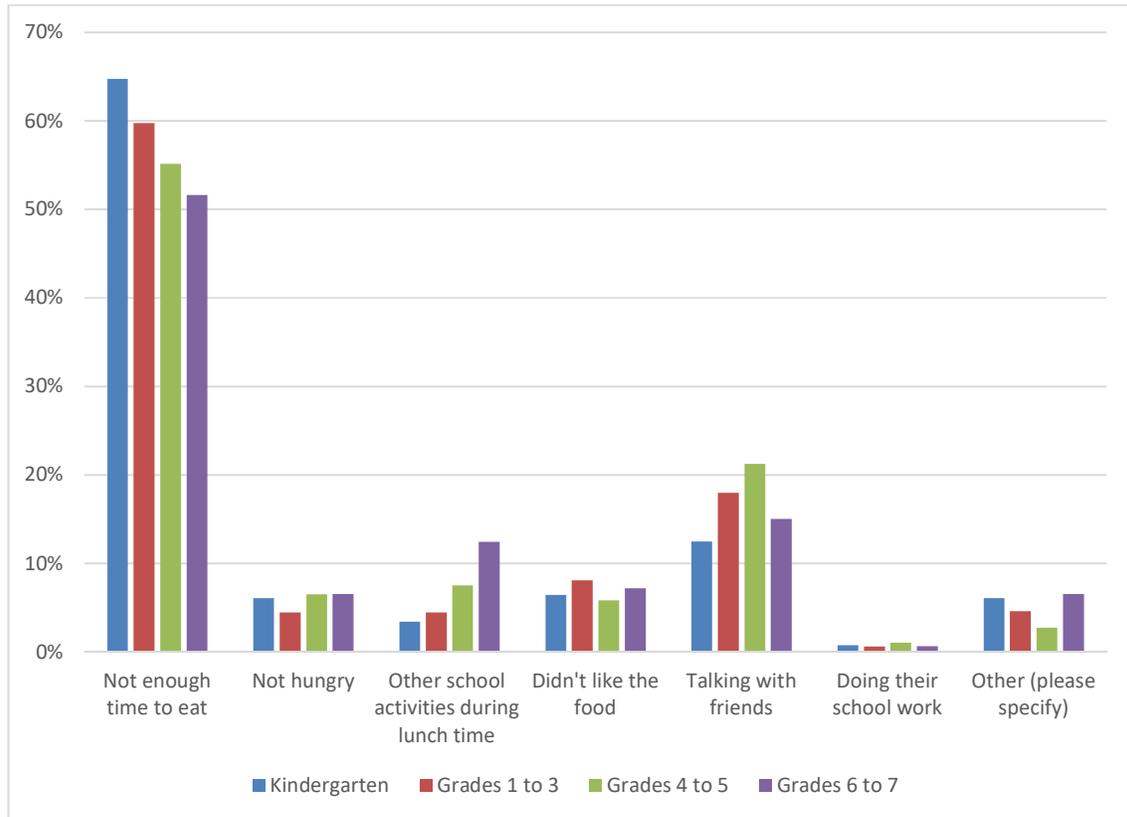
*If your child doesn't finish their lunch, what are the main reasons they give for this?*



	Answer	Count	Percent
1.	Not enough time to eat	796	58.32%
2.	Not hungry	75	5.49%
3.	Other school activities during lunch time	82	6.01%
4.	Didn't like the food	94	6.89%
5.	Talking with friends	237	17.36%
6.	Doing their school work	13	0.95%
7.	Other (please specify)	68	4.98%
	Total	1365	100%

# Reasons for Not Finishing Lunch by Elementary Grade

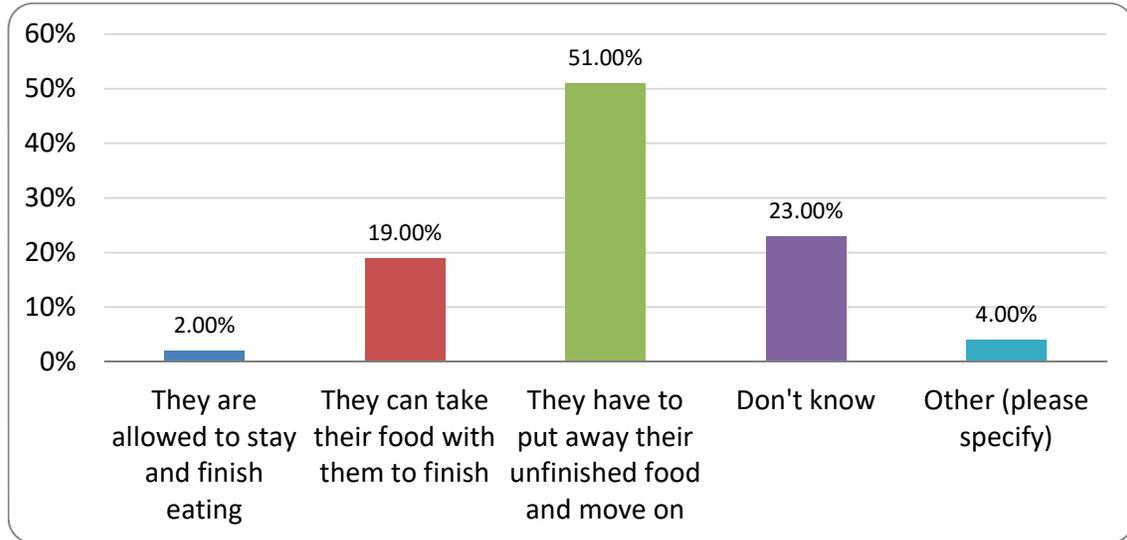
*If your child doesn't finish their lunch, what are the main reasons they give for this? (Elementary grades only)*



	Kindergarten	Grades 1 to 3	Grades 4 to 5	Grades 6 to 7
Not enough time to eat	65%	60%	55%	52%
Not hungry	6%	4%	7%	7%
Other school activities during lunch time	3%	4%	8%	12%
Didn't like the food	6%	8%	6%	7%
Talking with friends	13%	18%	21%	15%
Doing their school work	1%	1%	1%	1%
Other (please specify)	6%	5%	3%	7%

# What if Child Hasn't Finished Eating

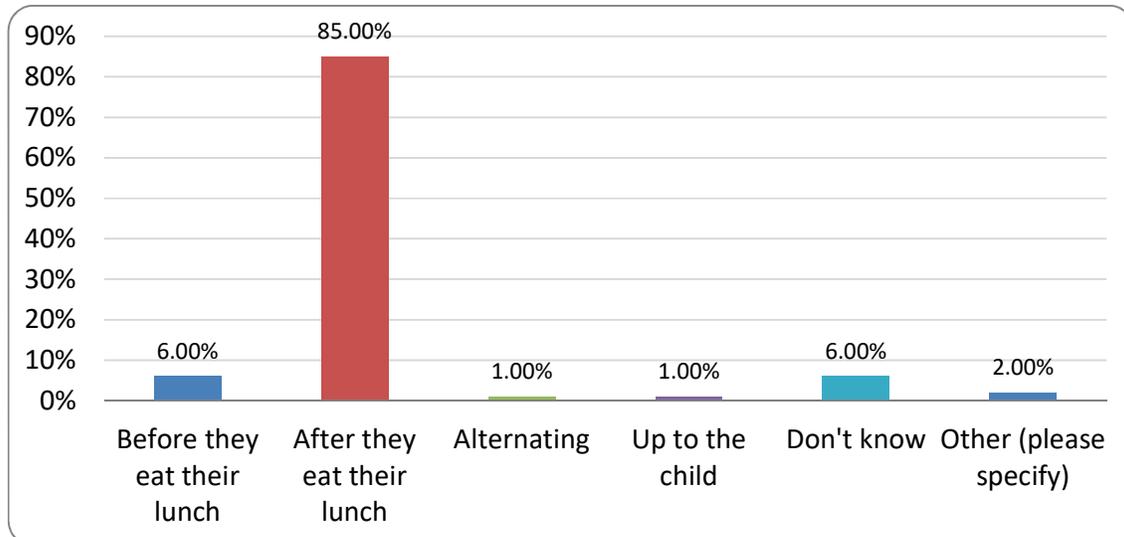
*What happens if your child has not finished eating when the time for lunch ends?*



	Answer	Count	Percent
1.	They are allowed to stay and finish eating	21	2.18%
2.	They can take their food with them to finish	181	18.76%
3.	They have to put away their unfinished food and move on	494	51.19%
4.	Don't know	226	23.42%
5.	Other (please specify)	43	4.46%
	Total	965	100%

# When Does Child Have Play Time during Lunch

*When does your child have free/play time during lunch?*

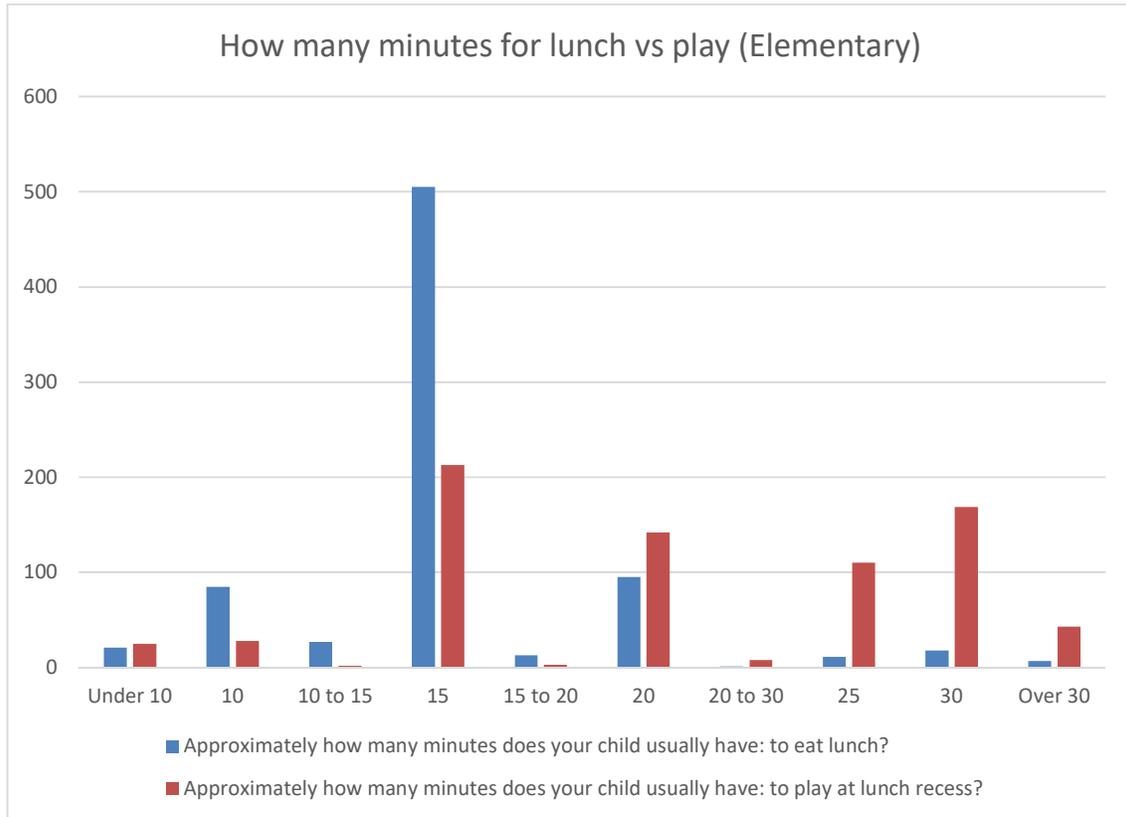


	Answer	Count	Percent
1.	Before they eat their lunch	57	5.90%
2.	After they eat their lunch	817	84.58%
3.	Alternating	6	0.62%
4.	Up to the child	11	1.14%
5.	Don't know	58	6.00%
6.	Other (please specify)	17	1.76%
	Total	966	100%

# Length of Time for Lunch vs Play (Elementary only)

*Approximately how many minutes does your child usually have: to eat lunch?*

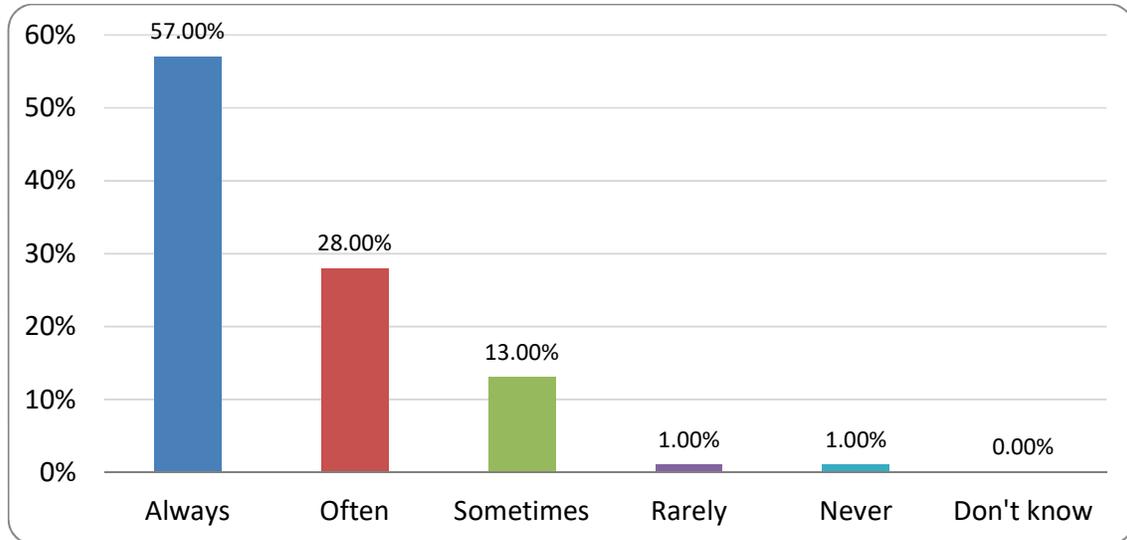
*Approximately how many minutes does your child usually have: to play at lunch recess?*



Time Category	Approximately how many minutes does your child usually have: to eat lunch?	Approximately how many minutes does your child usually have: to play at lunch recess?
Under 10	21	25
10	85	28
10 to 15	27	2
15	505	213
15 to 20	13	3
20	95	142
20 to 30	1	8
25	11	110
30	18	169
Over 30	7	43

# Is child hungry after school?

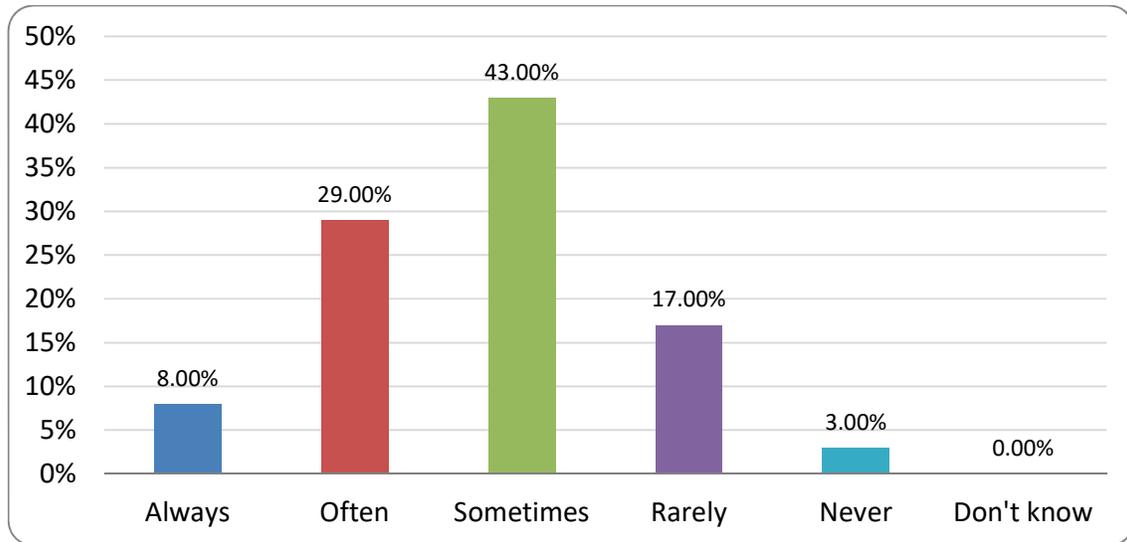
*After school, is your child: hungry?*



	Answer	Count	Percent
1.	Always	546	56.70%
2.	Often	274	28.45%
3.	Sometimes	124	12.88%
4.	Rarely	11	1.14%
5.	Never	5	0.52%
6.	Don't know	3	0.31%
	Total	963	100%

# Is child cranky or irritable after school?

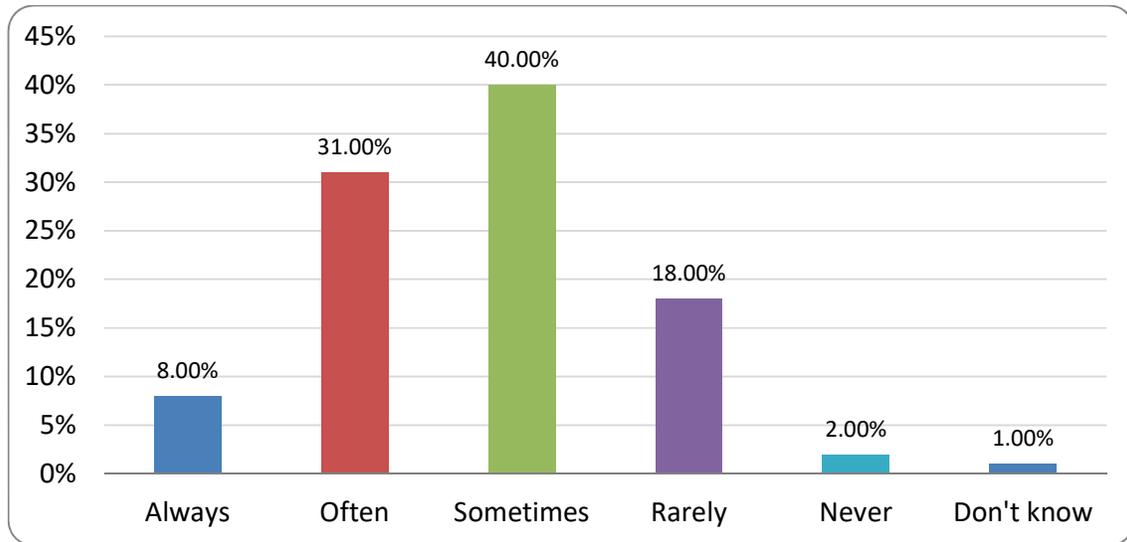
*After school, is your child: cranky or irritable?*



	Answer	Count	Percent
1.	Always	72	7.56%
2.	Often	277	29.07%
3.	Sometimes	408	42.81%
4.	Rarely	163	17.10%
5.	Never	29	3.04%
6.	Don't know	4	0.42%
	Total	953	100%

# Is child tired or fatigued after school?

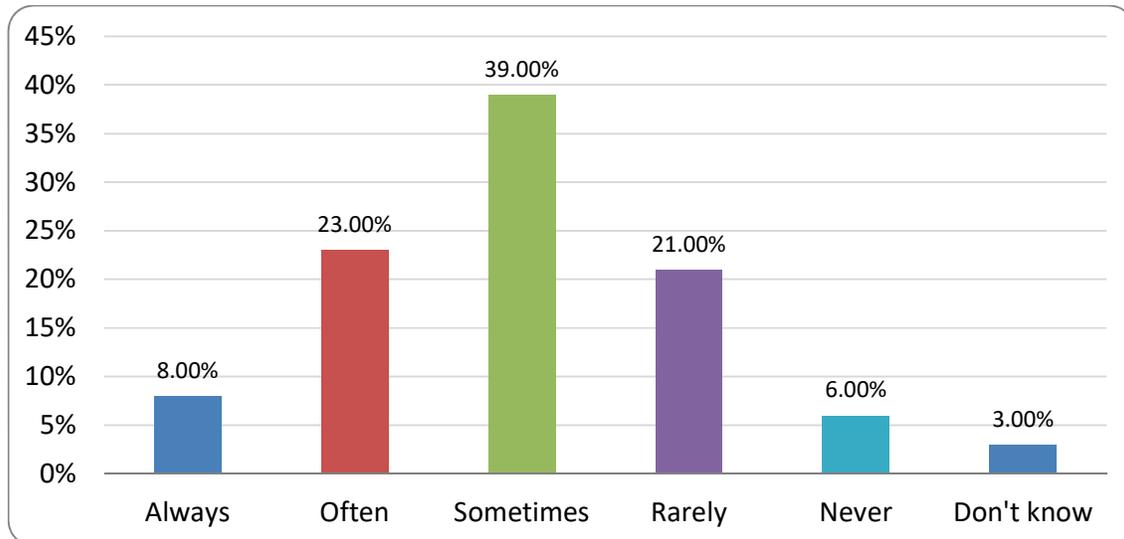
*After school, is your child: tired or fatigued?*



	Answer	Count	Percent
1.	Always	76	8.02%
2.	Often	298	31.43%
3.	Sometimes	376	39.66%
4.	Rarely	171	18.04%
5.	Never	22	2.32%
6.	Don't know	5	0.53%
	Total	948	100%

# Does child have trouble focusing after school?

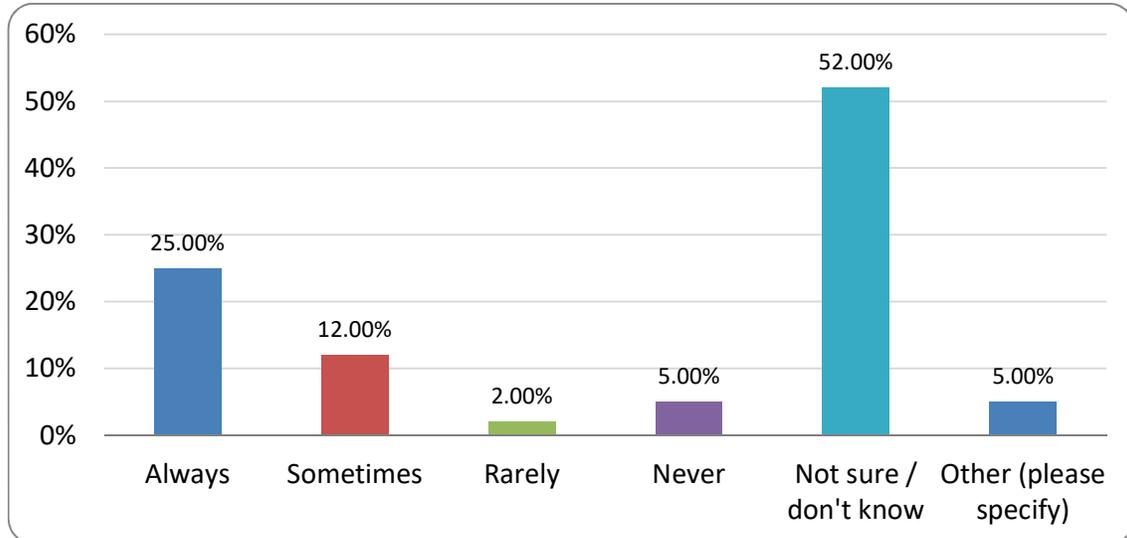
*After school, is your child: having trouble focusing?*



	Answer	Count	Percent
1.	Always	77	8.18%
2.	Often	216	22.95%
3.	Sometimes	370	39.32%
4.	Rarely	201	21.36%
5.	Never	52	5.53%
6.	Don't know	25	2.66%
	Total	941	100%

# What happens if student does not have a lunch?

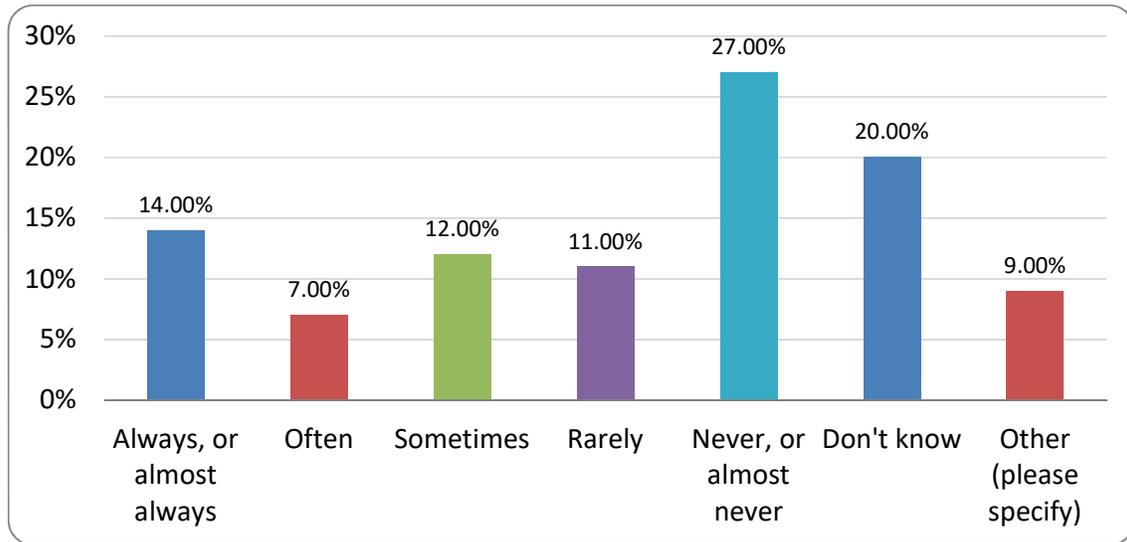
*Does your child's school provide food if a student has not come with a lunch?*



	Answer	Count	Percent
1.	Always	235	24.56%
2.	Sometimes	113	11.81%
3.	Rarely	20	2.09%
4.	Never	50	5.22%
5.	Not sure / don't know	494	51.62%
6.	Other (please specify)	45	4.70%
	Total	957	100%

# Adult Lunch Monitors

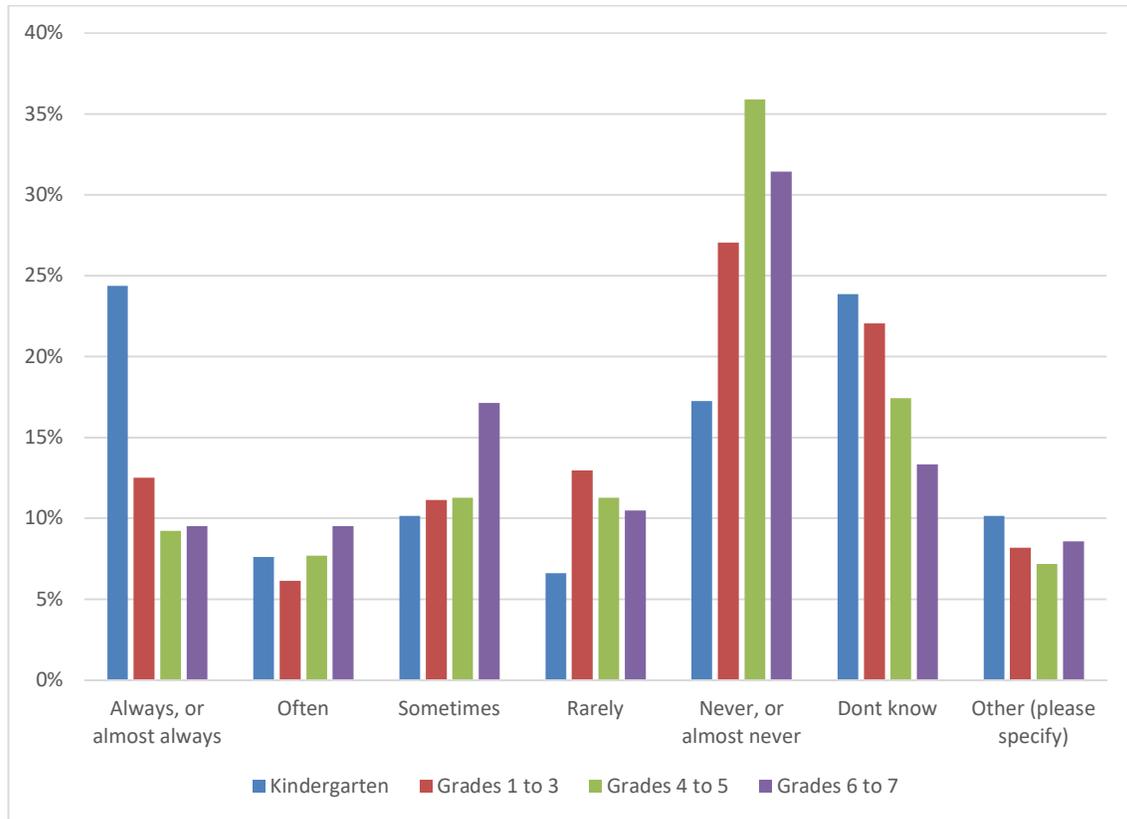
Are there ADULT lunch monitors in your child's classroom during lunch?



	Answer	Count	Percent
1.	Always, or almost always	134	14.00%
2.	Often	70	7.31%
3.	Sometimes	111	11.60%
4.	Rarely	102	10.66%
5.	Never, or almost never	260	27.17%
6.	Don't know	196	20.48%
7.	Other (please specify)	84	8.78%
	Total	957	100%

# Adult Lunch Monitors by Elementary Grade

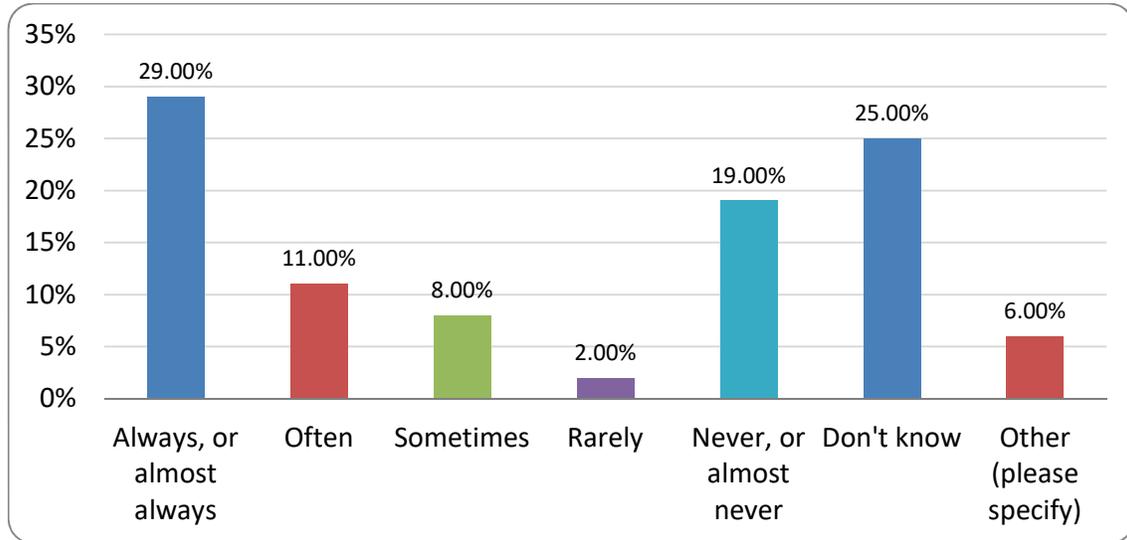
*Are there ADULT lunch monitors in your child's classroom during lunch?*



Adult Lunch Monitors	Kindergarten	Grades 1 to 3	Grades 4 to 5	Grades 6 to 7
Always, or almost always	24%	13%	9%	10%
Often	8%	6%	8%	10%
Sometimes	10%	11%	11%	17%
Rarely	7%	13%	11%	10%
Never, or almost never	17%	27%	36%	31%
Don't know	24%	22%	17%	13%
Other (please specify)	10%	8%	7%	9%

# Student Lunch Monitors

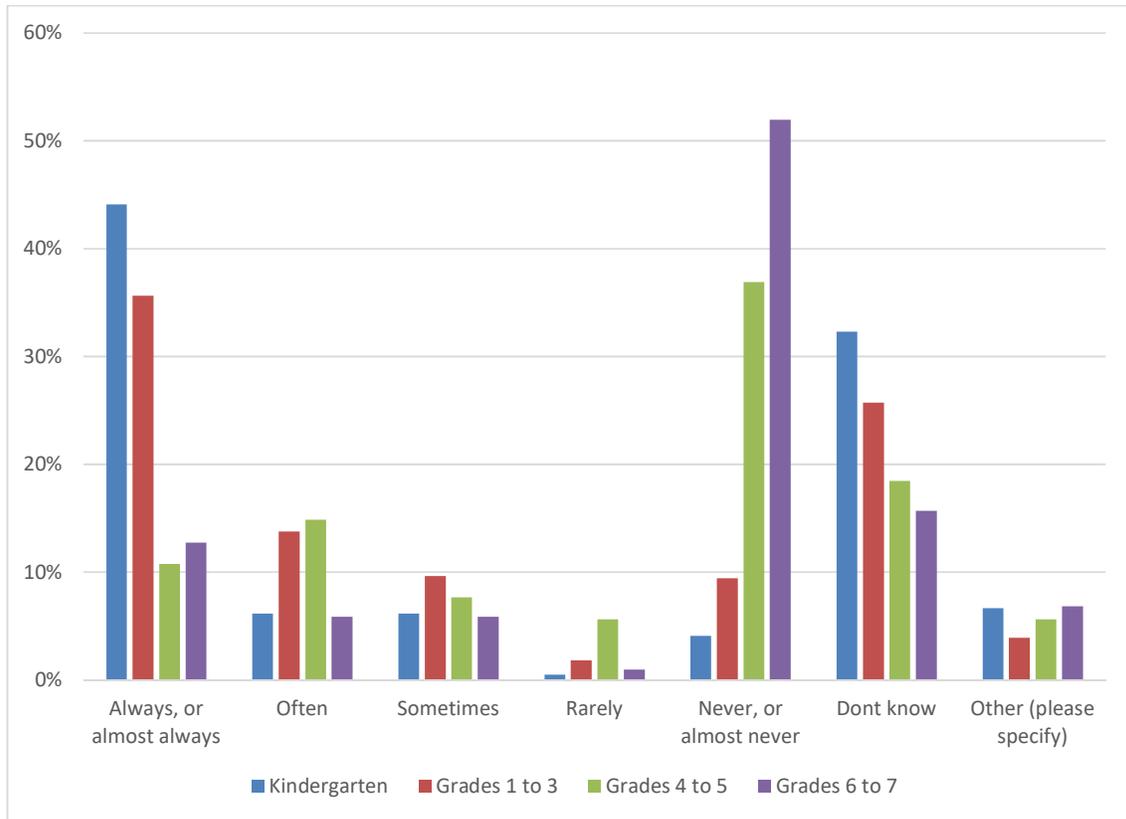
Are there *STUDENT* lunch monitors in your child's classroom during lunch?



	Answer	Count	Percent
1.	Always, or almost always	275	29.04%
2.	Often	107	11.30%
3.	Sometimes	74	7.81%
4.	Rarely	22	2.32%
5.	Never, or almost never	178	18.80%
6.	Don't know	236	24.92%
7.	Other (please specify)	55	5.81%
	Total	947	100%

# Student Lunch Monitors by Elementary Grade

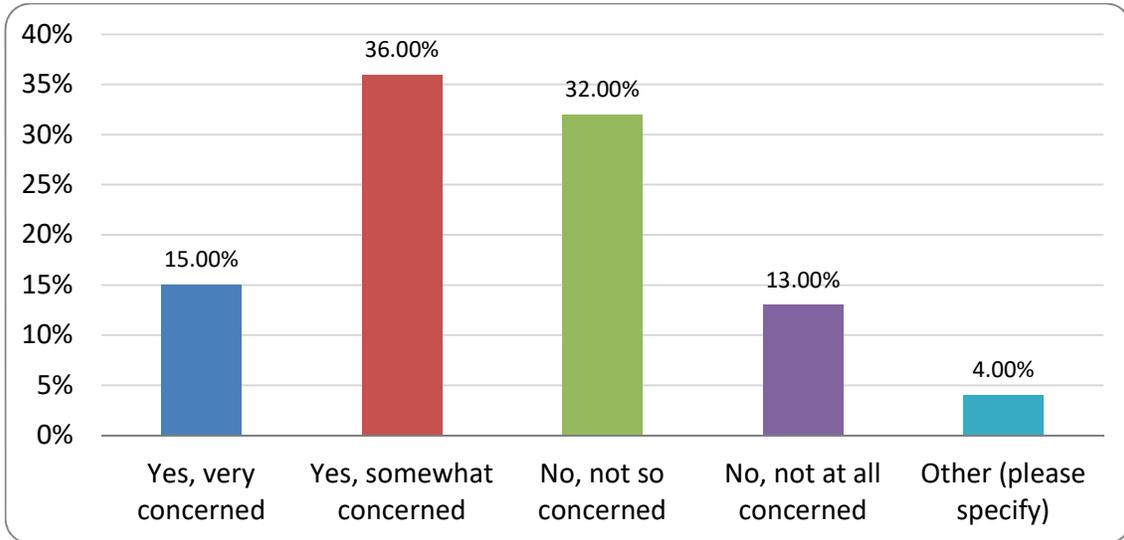
Are there *STUDENT* lunch monitors in your child's classroom during lunch?



Student Lunch Monitors	Kindergarten	Grades 1 to 3	Grades 4 to 5	Grades 6 to 7
Always, or almost always	44%	36%	11%	13%
Often	6%	14%	15%	6%
Sometimes	6%	10%	8%	6%
Rarely	1%	2%	6%	1%
Never, or almost never	4%	9%	37%	52%
Don't know	32%	26%	18%	16%
Other (please specify)	7%	4%	6%	7%

# Level of Parent Concern

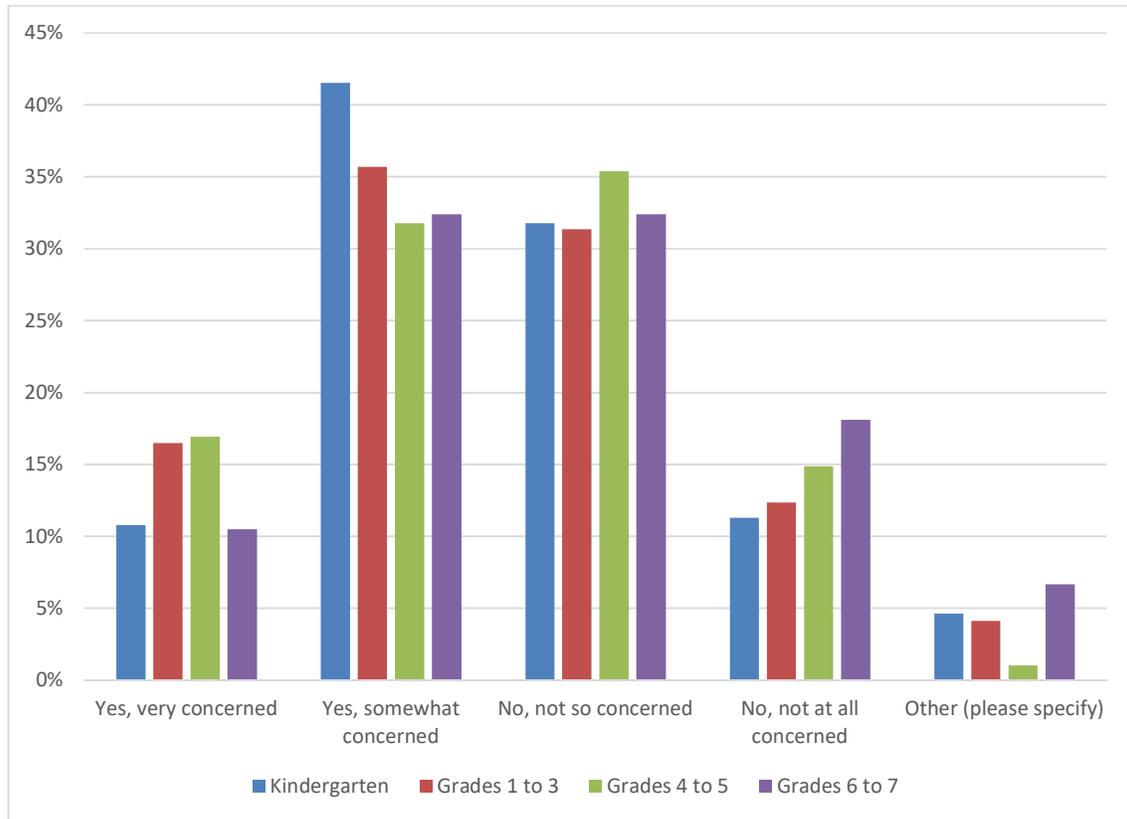
*Are you concerned about lunches at your child's school?*



	Answer	Count	Percent
1.	Yes, very concerned	140	14.69%
2.	Yes, somewhat concerned	341	35.78%
3.	No, not so concerned	309	32.42%
4.	No, not at all concerned	127	13.33%
5.	Other (please specify)	36	3.78%
	Total	953	100%

# Level of Parent Concern by Elementary Grade

*Are you concerned about lunches at your child's school?*

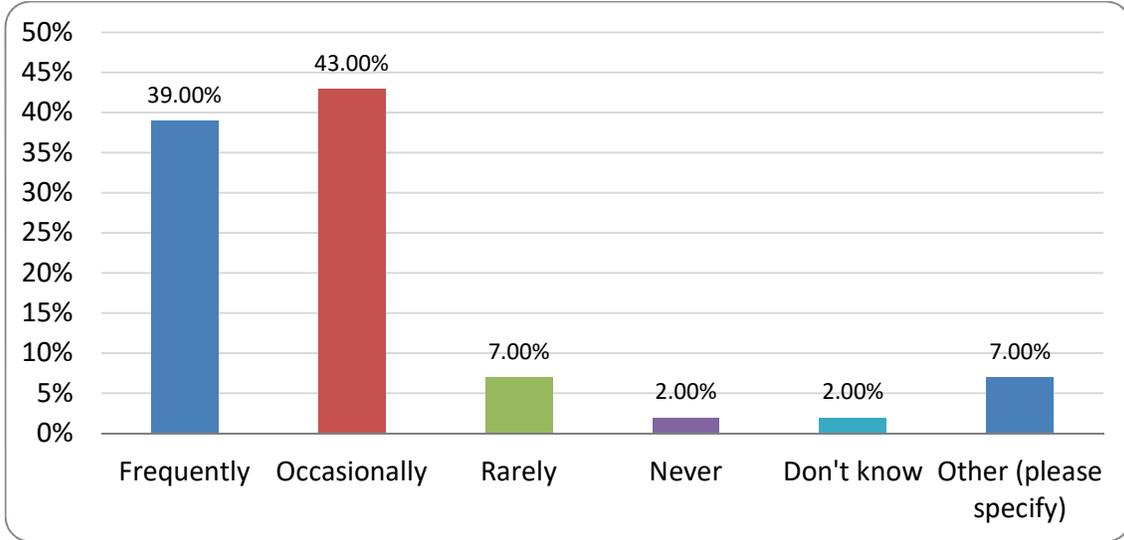


	Kindergarten	Grades 1 to 3	Grades 4 to 5	Grades 6 to 7
Yes, very concerned	11%	16%	17%	10%
Yes, somewhat concerned	42%	36%	32%	32%
No, not so concerned	32%	31%	35%	32%
No, not at all concerned	11%	12%	15%	18%
Other (please specify)	5%	4%	1%	7%



# Hot Lunches

Q16. Does your child's school or PAC provide hot lunches?

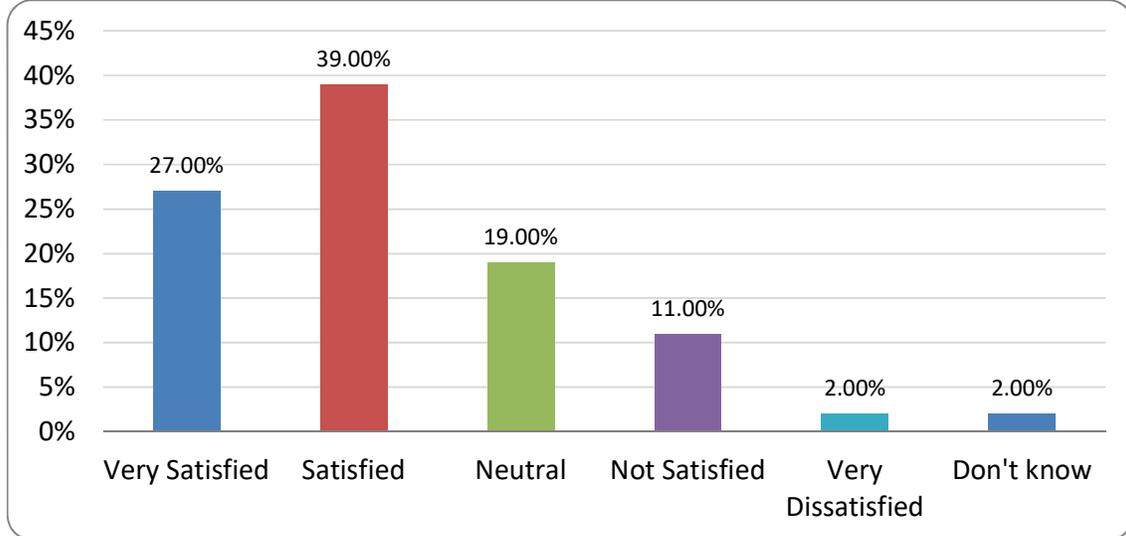


	Answer	Count	Percent
1.	Frequently	377	39.27%
2.	Occasionally	413	43.02%
3.	Rarely	71	7.40%
4.	Never	15	1.56%
5.	Don't know	16	1.67%
6.	Other (please specify)	68	7.08%
	Total	960	100%

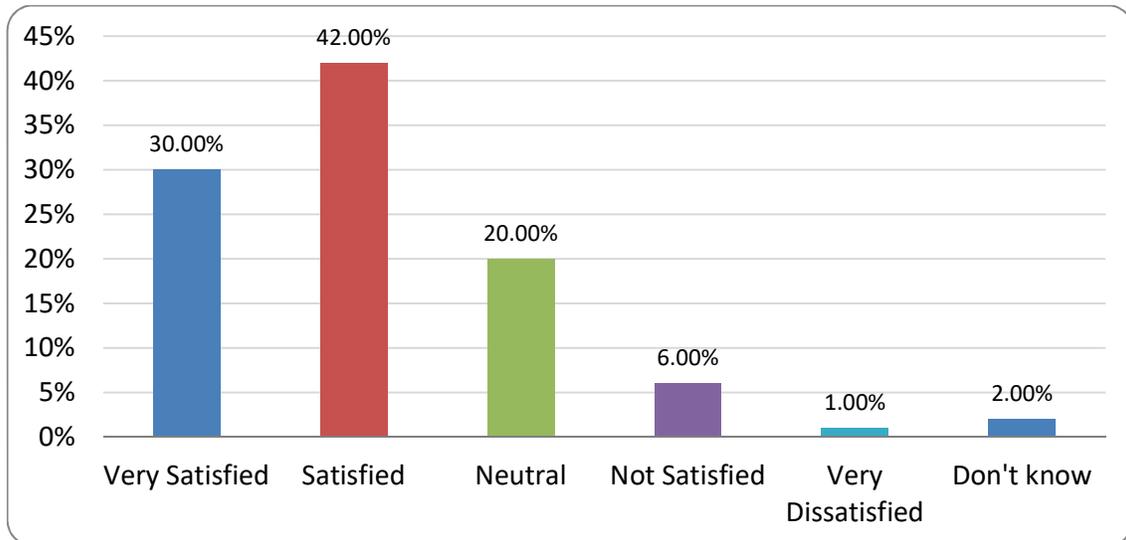
# Hot Lunch Satisfaction Levels

If your child's school or PAC provides hot lunches, how satisfied are you with:

## how often they're provided



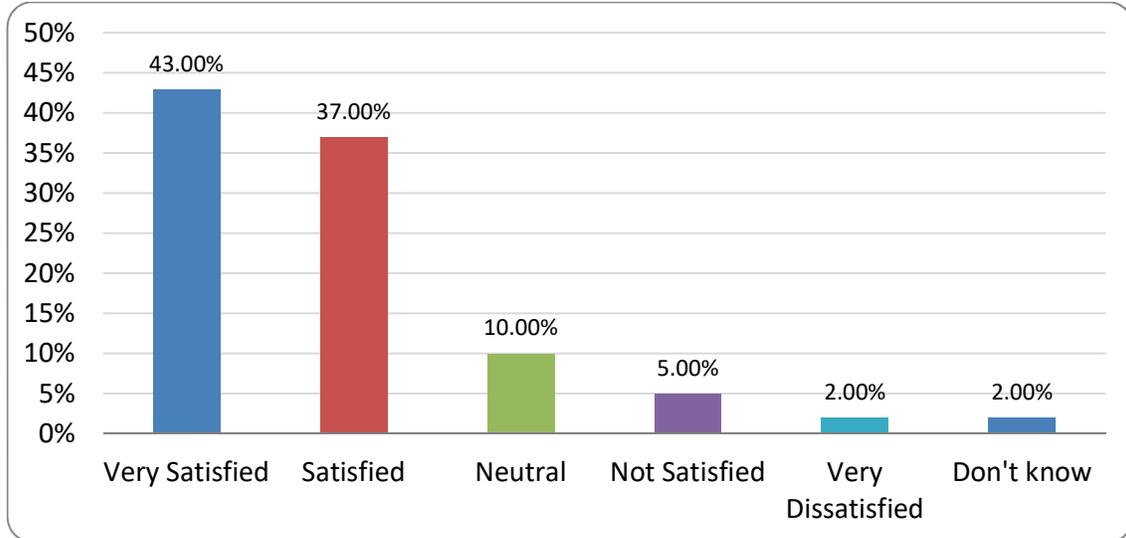
## Cost



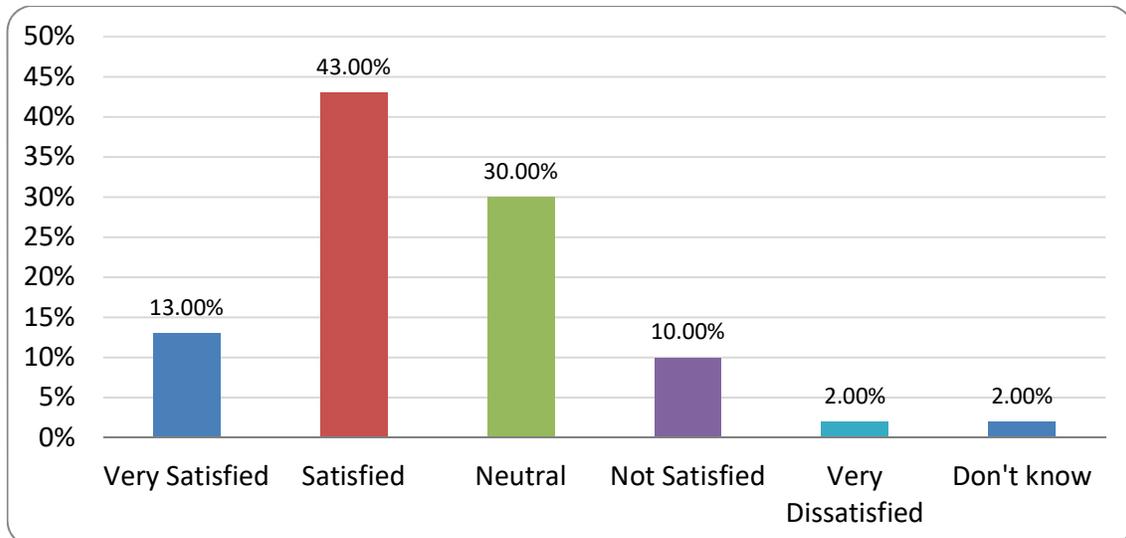
# Hot Lunch Satisfaction Levels

If your child's school or PAC provides hot lunches, how satisfied are you with:

## *ease of ordering*



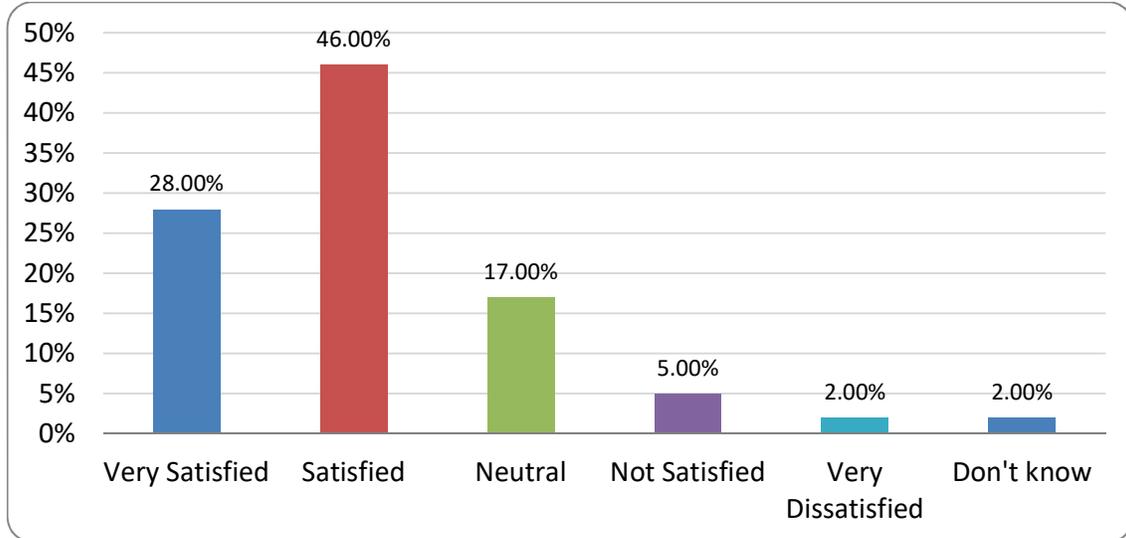
## *nutritional value*



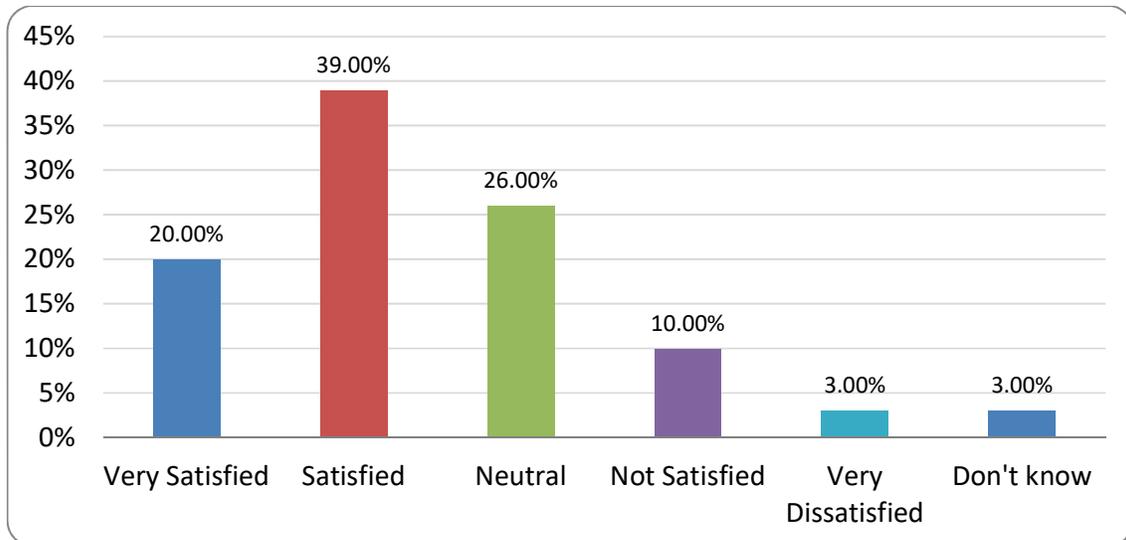
# Hot Lunch Satisfaction Levels

If your child's school or PAC provides hot lunches, how satisfied are you with:

## *child's enjoyment*



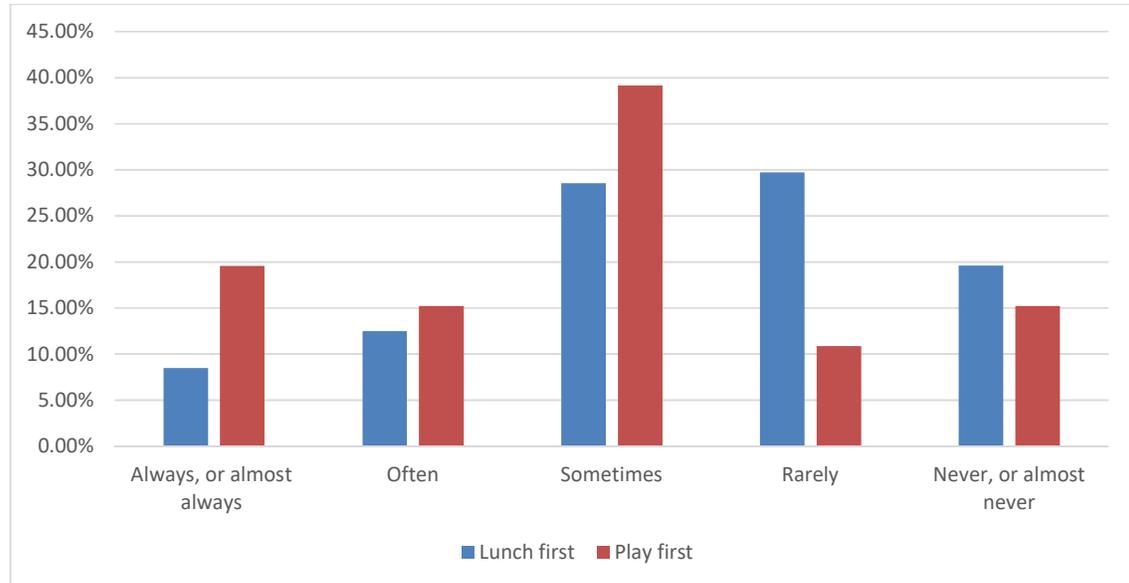
## *food variety*



# Recess before Lunch

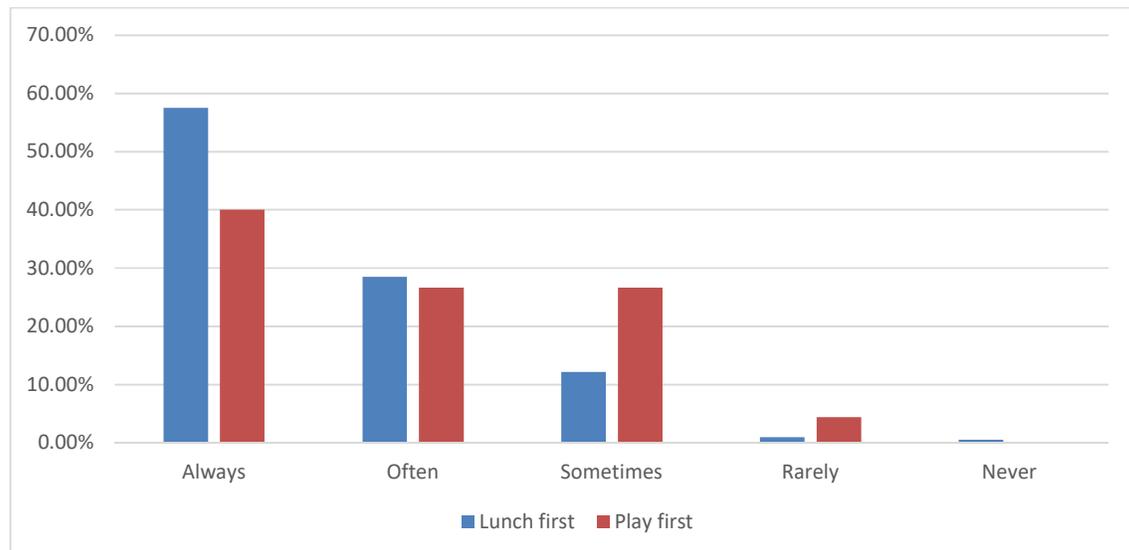
Our survey identified two schools that had parents responding that their children had lunch recess before eating lunch, Morfee Elementary and Van Bien Elementary.

## Does your child finish eating their lunch at school?



The number of children who always finish eating their lunches more than doubles in the schools that play first (9% vs 20%), and the number of children who rarely or never finish eating their lunch decreases from 49% in eat lunch first schools, to 26% in play first schools.

## After school, is your child: hungry?



In eating lunch first schools, there were 57% of students reported as always being hungry after schools, vs 40% in play first schools. The number sometimes being hungry increases from 12% to 27% in play first schools.



# Further Research

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Parents had a number of comments about lack of time for food, the effects of lack of food on concentration and learning. Additionally, a number of parents commented on wanting to see what would happen if the lunch time was after the play time.

Schools and parents may wish to engage in further discussion on these topics. We have provided for reference the following information to assist in discussion:

2015 study published in the Journal of the Academy of Nutrition and Dietetics, by the Harvard School of Public Health, titled: Amount of Time to Eat Lunch Is Associated with Children's Selection and Consumption of School Meal Entrée, Fruits, Vegetables, and Milk

[http://jandonline.org/article/S2212-2672\(15\)01248-4/fulltext](http://jandonline.org/article/S2212-2672(15)01248-4/fulltext)

Investigators found that when kids have less than 20 minutes of seated time in the cafeteria to eat lunch, they were significantly less likely to select a fruit when compared to peers who had at least 25 minutes to eat lunch (44 percent vs 57 percent, respectively). Furthermore, the study found that children with less than 20 minutes to eat lunch consumed 13 percent less of their entrees, 10 percent less of their milk, and 12 percent less of their veggies when compared to students who had at least 25 minutes to eat their lunch. This indicates that kids who were given less time at lunch may be missing out on key components of a healthy diet such as fiber-rich whole grains and calcium.

Policies that enable students to have at least 25 minutes of seated time might lead to improvements in students' diets and decrease plate waste in school cafeterias.

## Reverse Lunch or Eat-Then-Play Resources

<http://www.dpcdsb.org/NR/rdonlyres/00FD1CFE-0715-4A04-BE98-3D97B5E3AFDB/98150/reverseluncharticle.pdf>

<http://healthyeatingatschool.ca/uploads/play-first-lunch-toolkit-september-2007-kr.pdf>

<https://healthyschoolsbc.ca/program/385/play-first-lunch-toolkit>

<http://www.peacefulplaygrounds.com/pdf/reverse-lunch-effects.pdf>

<https://www.teachers.ab.ca/Publications/ATA%20Magazine/Volume%2090/Number3/Pages/TheReverseLunchHour.aspx>

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-reverse-lunch-toolkit.pdf>

<http://www.dailymail.co.uk/health/article-2916709/Is-secret-getting-kids-eat-greens-Students-let-play-eating-lunch-ate-twice-fruit-veg-afterwards.html>

<https://www.education.ne.gov/ns/forms/nslpforms/Recess%20SP%20trifold.pdf>

# Appendix

# Level of Parent Concern Comments

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*Are you concerned about lunches at your child's school? Why is that?*

- 15 min is just not enough time for young kids to eat lunch, however I know that this is the amount of time allowed by most schools now.
- 15 mins isn't long enough to eat
- 15 minutes is not enough time for her to finish her lunch.
- 15 minutes is not enough time to unpack and eat a lunch
- All of my children tell me there is never enough time to eat and they always feel rushed especially if they want to go outside to play.
- All of the above:
  - Nutrition, mood, attitude, behaviour, problem solving abilities, ability to learn, childhood illness
- Amount of time given to eat
- Amount of time given to eat and use washroom
- As high school students, they have no structure anymore when it comes to eating. This has caused many to skip eating and socialize with friends.
- As I stated in this survey for my other child, I have several concerns.
  - First and foremost, students are not given enough time to eat their lunch, which promotes unhealthy eating habits (which they will likely carry through to adulthood): it teaches students to eat quickly (and not mindfully), which has been linked (in adults) to health impacts including increased obesity, indigestion and acid reflux; in addition or alternatively, students may not end up finishing their lunch, which can leave them hungry and negatively impact their learning for the rest of the day. Second, at our school, students eat before they go outside for recess, which also negatively impacts health; it teaches students who may not yet be hungry to eat (and ignore their bodies' hunger cues), which has been linked to obesity (in adults); in addition, physical activity immediately after eating can cause stomach upsets and negatively impact digestion. Third, at our school, students are supervised not by adults but by other students. This is problematic especially for younger children, who can be easily distracted and still require supervision and/or instruction to establish healthy eating habits.
  - The new Canada Food Guide (to be released in 2018) recommends 'taking time to eat and savour every bite, paying attention to feelings of hunger and fullness, eating slowly with enjoyment, and avoiding distractions while eating.' To promote healthier eating habits for students (and into adulthood), I would like to see the order of recess and lunch reversed, would like for students to have more time to eat their lunch, and would like instruction or supervision on mindful eating (especially for younger students).
- Because by the time they get their lunch kit they have no time left. It's very sad
- Because even teachers when they were kids got more than 15 min to eat as well as when I was a child, I had 1hr lunches, half for eating and half for playing outside our school hours were 9-3 in elementary school. School board wants kids to eat healthy but are not willing to give kids enough time to meet their needs and do everything that is expected of a child,

(washroom which can sometimes be more than a couple of min.), hand washing, getting ready to go outside etc. This is such a shame. This is not right and is a unhealthy situation in my eyes, would like all the adults involved to eat the following in 15min. sandwich, veggies,fruit, drinks as well as other snack if needed. Lets have the school board and teachers for a sit down doing this with the food mentioned done in 15 min. in front of TV cameras and timed by a timer for all the public to see if they can eat it all like is expected of a child in the 15 min. period.

- because he isnt finishing his lunch. I wish there was either more time to finish the lunch, or more discipline in place to encourage them to focus on eating and finish.
- Because I feel like children need to to know the importance of eating properly and in a rushed environment they can't do that. Their lunch is not enjoyable when they can't have time to enjoy it.
- Because I feel like for my childs grade ( kindergarten) they are not given enough time to finish eating everything, therefore doesn't get much food during the day while at school.
- Because I'm tired of my child coming home hungry because she didn't have time to eat her lunch at lunch time!
- Because my 3 kids don't finish their lunches
- Because my chikd always comes home starving. They need to consider switching the playing and eating times, so kids go and get their crazies out, and then sit and eat.
- Because my daughter says she doesn't have enough time to eat.
- Because of the above
- Because so often I hear that my kids didn't get enough time to eat their lunch, sometimes they don't even get to finish their sandwiches.
- Because they are not given enough time to eat a healthy lunch or come and eat a healthy lunch.
- Because they don't have enough time to finish eating and are then sent outside to finish which like a said prior it's very inconvenient in cases of bad weather. And most of the time they are not interested to finish because they want to play.
- Between waiting to get access to their bags, which are horribly cramped together, and waiting to use the washroom or refill water bottles, the eating time is used up. Our lunches have been coming home uneaten since grade one.
- Both my children frequently complain they do not have enough time to eat their lunch. I do not want them losing containers on the playground, so I would prefer they eat inside. I would like for the kids to have more time eating, so this may require eating during lessons. I feel like their lunches always consist of snacks, never anything filling because they do not have the time to eat it.
- Both of my kids feel rushed to eat and don't get to eat how much they would eat at lunch at home.
- Bothers me that there is not enough time for little kids to eat.
- Burgers. Pizza. And subs. Hot dogs. All very starchy and or 80% wheat. These are all items that are never on the grocery list. We consider these items a treat. Soups are beneficial.
- By the time she washes her hands and sits down she has about 5 minutes to eat and that's ridiculous! If it were an adult the labour board would be consulted
- By the time the bell rings for lunch time, then they go to the bathroom to wash up before eating and then back to the classroom it is almost time to go out - Never time to actually eat what has been provided by home
- Child always says not enough time to eat

- Child has complained about not having enough time to eat on several occasions. Even though they can take food outside that is not always practical with winter weather conditions here.
- Children aren't finishing their lunches as they are in a rush to get outside. Kids that do stay in the entire eating period to have lunch are then left out of social activities outside as the play has started without them. So kids are opting to not eat to get outside sooner and be involved with the play.
- Children should play and then eat. It would allow them time to finish their lunches, and would eat more after playing
- Children who are finished should be allowed to go outside. If a student wants to stay in for additional 5-10 minutes they should be allowed even if it means taking their lunches to another room.
- Concerned about the lack of adult supervision when eating lunches and having enough time to eat.
- Concerned about the length of time they have to eat.
- Concerned that my son is not eating his lunch
- concerned with amount of time allotted for eating - especially for younger students.
- concerned with the rules the monitors set. If one child is not behaving the whole class gets kept in late losing their outside play time
- Could be more options to purchase health food
- Does not finish his lunch ever so there is not enough time (not sure of this time limit as said) or the desire to go out and play with friends overrides not finishing to eat, I think the latter.
- Does not finish lunch and eats after school spoiling dinner
- Doesn't seem to eat much due to time
- Doesn't seem to have enough time after washing hands to eat lunch. Then can't take food outside or stay in to finish. I think going outside to play first then having lunch is better choice for them.
- Don't feel that they are given enough time to eat. At the same time I wouldn't want to see them not have time to exercise outside either. Perhaps the solution is having an adult supervisor who would ensure the kids are eating not playing or talking.
- Don't like hearing that my child is unable to eat her lunch due to time constraints..
- Eating is a very important part of the day especially in a learning environment. Adults struggle if they don't eat well during the day so one can imagine how that affects a child that has not yet learned how food affects them personally
- Either not enough time, or not enough guidance to keep them focused on eating. Especially for K's.... but also for grade 3, they need reminders that they have limited time to eat, and to limit talking to do so.
- First and foremost, students are not given enough time to eat their lunch, which promotes unhealthy eating habits (which they will likely carry through to adulthood): it teaches students to eat quickly (and not mindfully), which has been linked (in adults) to health impacts including increased obesity, indigestion and acid reflux; in addition or alternatively, students may not end up finishing their lunch, which can leave them hungry and negatively impact their learning for the rest of the day. Second, at our school, students eat before they go outside for recess, which also negatively impacts health; it teaches students who may not yet be hungry to eat (and ignore their bodies' hunger cues), which has been linked to obesity (in adults); in addition, physical activity immediately after eating can cause stomach upsets and negatively impact digestion. Third, at our school, students are supervised not by adults

but by other students. This is problematic especially for younger children, who can be easily distracted and still require supervision and/or instruction to establish healthy eating habits.

- The new Canada Food Guide (to be released in 2018) recommends 'taking time to eat and savour every bite, paying attention to feelings of hunger and fullness, eating slowly with enjoyment, and avoiding distractions while eating.' To promote healthier eating habits for students (and into adulthood), I would like to see the order of recess and lunch reversed, would like for students to have more time to eat their lunch, and would like instruction or supervision on mindful eating (especially for younger students).
- For the past 10 years, my kids always had the issue of not having enough time to eat lunch. A few extra minutes to eat their lunch would be helpful
- Grade 4 and up have to lunch supervise younger kids but then don't get time to eat their own lunch. Kids supervising kids does not work well. Kids should be supervised by adults. Otherwise, the time they have to eat lunch is ok.
- Gross lunches for lunch program, waste of money and non nutritious, need to have something that the kids will actually like and eat
- He doesn't eat and it doesn't seem there's anyone there to encourage it
- He doesn't have enough time to actually eat enough food if he wanted to order a big meal.
- he is a slow eater so may not have time to eat
- He often says there's not enough time to eat -- I worry about school contributing to unhealthy attitudes towards food.
- He often states he does not have enough time to finish, but I also know my child is a social butterfly.
- He seems to feel rushed so he doesn't miss playtime. Often he packs less in his lunch than I feel he needs because he knows he won't have a lot of time to eat. He is always hungry after school. We end up eating dinner between 3:30 and 4 because of this.
- Healthy choices would be better
- Healthy eating habits and relationships with food are crucially important and could be celebrated and reinforced at school in addition to at home - and for many many kids they do not get taught or modeled healthy food-related behaviour and choices at home. Schools should make time to slow down and use lunch as a learning opportunity about how to eat well, how to enjoy food. That also gives kids the break and energy they need to focus and finish a productive school day in all their subjects. Rushing lunch is not benefiting other subjects, it's short-changing them, our kids, and our society - which bears the brunt of poor eating habits and poor nutrition.
- Hot dogs and pizza hot lunches aren't so healthy.
- Hot Lunch should have more of an option not just you get what it is or you don't order.
- Hot lunches are very over priced at our school and not affordable when you have multiple children. Difficult to pay for when PAC only accepts cheque or cash.
- How they are prepared and by whom
- I always have said they do not have enough time to sit and eat their meal. As an adult I get a half hour and I can enjoy my meal and eat slowly as is healthy for your body and digestion. Often my oldest would pick between washing his hands and getting time to eat. You try washing your hands getting your lunch and organized by your self and watering in 15 minutes . I tried one day and i couldn't do it.
- I am concerned about the time slots given to eat lunch..Kids tend to not focus especially when with a large group of other children. I believe more time to eat will go a long way for

many or all children as it improves their overall well being through out the day and for their nighttime routines as well

- I am concerned with the amount of time my daughter gets to eat and the short period of time they have to play and wear off energy.
- I am not familiar with lunch details and am curious of the details. A wider variety of hot lunches should be available. I wonder if my child is rushed or rushes through lunch and if my child is wasting food.
- I am very concerned that there is usually no adult supervision and that the older grades monitor the younger grades. I am very concerned that a choking incident could occur either by accident or as a result of horse-play, and the child monitor would not know first aid and/or would blame themselves for the outcomes.
- I appreciate the program so much but the food is not very good. Maybe nutritious but it doesn't taste so good.
- I believe that the children should be active before they eat and have the opportunity to finish eating during silent reading time.
- I can't eat lunch in 15 min unless I shovel it in. Kids need more time to be healthy
- I could send them better lunches that are more nutritious and that they actually like if glenview would allow them to have use of a microwave.
- I don't think it is the allotted time that is the issue. My child complains that they were still in the gym or in the library and come back late and then can't finish their lunches. I understand it is challenging to manage time and things come up but feel they should be given the proper amount of time to eat regardless of when they start eating. It hasn't really been an issue this year but has been very challenging in the past.
- I don't believe that students should be in charge of lunch monitoring and cleaning classrooms and not get to eat their own lunches.
- I don't feel that they have enough time to wash, get their lunch and eat all in 15 minutes.
- I don't know that they get long enough to eat and play.
- I don't think they get enough time to eat.
- I feel as though the kids could benefit from playing outside first, then come in and eat their lunches. Kids are designed to move. Let them get their 'sillies' out and socialized first, then come in and eat.
- I feel it is too common for the kids to not have enough time to eat.
- I feel like a healthy lunch is so important for kids to be able to learn and participate in the afternoon. I feel like the amount of time given to eat is not enough and I find it hard to find cold lunch options that my kids will consistently eat.
- I feel like proper nutrition is essential to a child's well being, and having a proper lunch is an integral part of this. Both of my kids complain about not having enough time to eat their lunch, and as a result they come home irritable and starving. The brain needs sufficient nutrition to function properly, and imbalanced blood sugars lead to lack of concentration, fatigue, anxiety, etc, which means their learning is also effected.
- I feel like there isn't a lot of time for the kids to eat and we (my husband and I) struggle to find healthy cold lunch options that our kids will eat. I know my kids are probably not as ready to learn in the afternoon, as they are probably not getting enough food.
- I feel like they don't have enough time to eat. I have a very active child so once the bell rings to go outside he just wants to play. He will only eat his lunch in class
- I feel that if my daughter was able to have outside time before eating she would bet feel so rushed or have and upset stomach after eating and have time for food to digest properly.

- I feel that playing outside before eating may allow him a better opportunity to eat most of his lunch
- I feel that the kids being shoved outside before finishing lunch is not healthy. Kids need more than 15 mins to grab their lunches sit down and eat.
- I feel they are rushed. My child worries about not taking too much food.
- I feel they are too rushed to eat and get outside.
- I feel they don't have enough time. I think they should get 20-30 minutes for lunch and then 20-30 minutes for play.
- I feel they should be allowed to play first and should never have to throw uneaten food away in order to move on to the next thing.
- I feel they should extend the lunch period by at least ten minutes. By the time she comes in from playing outside, because at Morfee they play first and then eat, she has to undress from her snowsuit, hang everything up and sit down with her lunch, a lot of time is absorbed. She is always wasting food not because she doesn't like the selection but because she says that she didn't have enough time to finish her snacks or it was time to move on and pack up the food. My child is
- I feel they should have more time to eat and I think access to a separate eating area would be great, rather than in the classroom.
- I feel they should have recess first then lunch after. They forfeit nutrition to have recess. Reversing this would have better focus for kids in classroom and I wouldn't have to make lunch again at 3pm when he gets home from school because he's so hungry. Full bellers would make for better concentration.
- I feel they should have time to eat.
- I feel with my daughter having to lunch monitor that she is rushed to get outside afterwards. I believe she doesn't want to eat at this time instead chooses to play with friends, possibly throwing food in garbage.
- I find it very disturbing that lunch monitors are made to inspect the children's lunches and force them to eat specific items first. This resulted in my child refusing to take any healthy food and has even refused to eat lunch at all.
- I find the kids should be given more time to eat and finish their lunch instead of being rushed to eat it and if it's not done or the child isn't done oh well off they go outside hungry and not able to take it out to finish outside.
  - A half HR lunch would be much better
- I found that when we lived on the island the kids went out to play and then came in to eat. This allowed the slower eaters more time to finish their lunches as the teachers planned a quiet activity for after lunch for the rest of the class. This seems to work better than what happens here.
- I have always felt that kids do not get enough time to eat. less than 10 mins and they get kicked out...forced out even if they are still hungry it's not fair. it's about time someone looks into changing this.
  - another thing how are kids supposed to heat up food?
- I have children who want to be outside to play....so when the bell rings(regardless if they have eaten or not) they want to be outside, so the lunch or snack gets forgotten. My children also enjoy coming home for lunch, but with bell times currently the timing is really tight if I don't want them to be late. I'd like to return to a whole hour of lunch/play....even if it meant bumping dismissal later.

- I have one child who arrives home miserable almost every day, often with food still in her lunch. Once she eats she's fine again, but how long has she been that hungry?
  - My other child has ADHD and requires higher protein and more opportunities to eat, but our current school system doesn't allow for that. She doesn't focus long enough to eat a full lunch in just 15 minutes, if she's not going to be allowed more time to eat at lunch then she needs to be free to snack during class time as long as it's not disruptive or messy - but she has yet to have a teacher allow that, because they need her to focus. How can she focus when she's hungry?
- I firmly believe that our lunch time should allow time for socializing over lunch, learning to enjoy food without rushing, emphasize nutrition, and leave the kids feeling nourished and ready for an afternoon of work. I've had teachers tell me year after year that they intentionally schedule 'heavier' curriculum & work for first thing in the morning because the majority of kids are 'done' by the time afternoon comes and it's a waste of time teaching after lunch. If that's true they may as well send my kids home, at least they'll have time to eat a full meal here.
- I hear they don't get enough time to eat
  - And I didn't know recess snacks were brought outside to eat
- I just want to make sure my child eats during the day. We all know how important that is. She used to frequently come home with most of her lunch uneaten, and she would be very cranky. This year (grade 2) she is making more of an effort to eat her lunch, and it is helping.
- I just want to make sure she is eating her lunch. Seems better since we talked to her teacher.
- I just wish they had a little more time to eat
- I just worry about him getting to eat. My son is on pills for behavioural issues the causes a decrease in appetite, I need him to be able to fully eat his lunch, as he only eats a small amount in a day
- I just worry that the kids don't have enough time to eat.
- I think eating time should be monitored by teachers during instructional time. They can ensure kids eat their main food and not throw it out in favour of eating the junk. They can have conversations about healthy eating, food choices, fueling our bodies properly, and social table manners. Many kids don't get this at home anymore :(
- I think kids would eat much better if the free time during lunch periods were scheduled for before the eating part of lunch. I feel like more kids would eat their lunch if they weren't so excited to go play.
- I think students need a longer time to eat... after they go to the washroom, wash their hands and get their lunches, they are lucky to have 10 mins to eat.
- I think the children are rushed to eat their food and those who don't have enough time are sent outside hungry. They need more time to eat their food. Their brains need the energy to function and learn.
- I think the kids need more allotted time to each their lunches. Most kids I know are slow eaters, including my own. Ultimately they need more time, at least while in elementary school.
- I think the kids should have more time to eat. Also, I believe there should be a breakfast and lunch program for all of the kids, not just a select few. There is only an option for kids to get breakfast or lunches if they are low income or aboriginal, but I think it would be more convenient to have a breakfast and lunch program for the parents to pay monthly, such as

they do in most schools in Prince George, for all students in the school. Having a cheaper option for households who can't afford to pay for the program should be available too.

- I think there is not enough ADULT supervision during lunchtime (either in the classroom or on the playground). I don't think students have enough time to eat. I think lunch HOUR should be a full HOUR for students to have a break without being rushed.
- I think there needs to be an adult supervision
- I think there should be more time to eat, perhaps playing first then coming in to eat.
- I think they should play first and then eat... maybe they would eat more or faster if they burned some energy before they eat.
- I want kids to develop good eating habits which include a proper place to sit and enjoy their lunch, not be rushed to eat it. This rushed lunchtime and not eating lunch will lead to habits of not eating lunch in high school and in later years. This is a great opportunity to teach about nutrition.
  - Plus, a midday meal is so important for kids to learn better. It is worth it to give time to this very important habit.
- I want my boy to eat, but it isn't happening. He always says there's no time.
- I want the best for my child.
- I want to be sure my kids are eating enough food in a day. I worry I'm not sending enough food for them to eat yet they don't even have enough time to eat what I have sent
- I was told by my son that if they're running late they're only allowed 5 minutes to eat their lunch and then they have to pack it away before they head outside. He's only 5 so he could be relaying info wrong but I don't think 5 minutes is nearly enough time to eat a proper lunch, especially that young. They're so easily distracted.
- I wish he would have time to decompress from a morning of learning and have the time to eat the lunch we provide him. Little kids want to socialize and they should be provided that opportunity without having them lose an opportunity to have a filling and healthy lunch.
- I wish the day was longer so my child had the appropriate time to PLAY and eat lunch!
- I wish they could finish their lunch after playing
- I wish they had more eating time compared to playing time. I feel it should be at least the same amount of time if not slightly more for eating
- I wish they had more hot lunches offered
- I wish they had more time to eat and more adult supervision.
- I wish they had more time to eat and that there was some way to do a daily healthy hot lunch program provided at the school with smaller costs.
- I worry 15 mins is not enough time to eat healthy food. It takes longer to chew carrots and apples etc so the veggies and fruits are typically left. It doesn't help the kids learn healthy eating habits. I also have massive concerns around student lunch monitors! I worry about the safety of the kids and the risk we are placing on other kids. I understand that teachers need/ deserve a lunch break too though so I'm not sure what the best option is. The current scenario sure makes me uncomfortable though.
- I worry about the grade seven volunteers particularly with regard to helping if a child is choking.
- I worry if she will have help when she needs to open food containers if struggling and She does not often receive help zipping her jacket at lunch time (she is still learning).
- I would like to see a longer span of time for the children to eat. Even five minutes would help.

- I would like to see children have a longer recess and lunch breaks, to allow more time to eat (without feeling rushed) and definitely to allow more time to play. Even if it meant extending the school day..
- I would like to see microwaves in the classrooms so I can add to the variety of packed lunches. I would like to see homemade PAC lunches instead of fast food. Involve the students in the making of the lunches to add to their skill level. Real food would be nice.
- I would prefer if children would have more time to eat
- I would prefer that my children play before eating. They aren't going to stay inside and eat if their friends are going out.
- I would prefer the children to eat after out side time. This has happened in other schools with good results. I would prefer them to have more time to eat as well if possible.
- I'd like for them to have a little more time to eat.
- I'd like to see Abit more time given to the kids to eat then 15 minutes.
- If a child doesn't eat lunch, they sacrifice their afternoon energy and focus which should compromise learning efforts
- If my child needs help opening containers or getting dressed to go out in the cold the grade 5 or 6 students that are helping often don't notice. On the coldest and window at day last week my 4 yr old daughter was outside at recess with no toque because it was stuck in the supper of her backpack and nobody noticed
- If they only have student lunch monitors, what happens when someone chokes on food?
  - Why are lunch hours only 40 minutes!? Why is it not an hour?
- I'm concerned with the lack of time they get to eat their lunches BUT A bigger concern is that I don't think the older children should be supervising the younger ones. They don't have training for that? What if someone chokes? By the time they get a teacher it may be too late! Also, my son had trouble with one of the older children supervising his class last year, the older boy a bit of a bully and my son sometimes told me that the boy would push or shove children who had gotten out of their seats. My son is older and most times does not have a lunch monitor now, which I still feel is unsafe. Even a 10 year old could choke on a grape.
- Im kids are slow eaters... it takes them about a half hour to finish a meal
- It doesn't seem add thigh they have enough time to eat however my child is only seven and easily distracted so that likely plays a large part in then not eating all their lunch. My child is definitely given the opportunity to have a snack whenever he needs one through out the day.
- It is unrealistic and unhealthy to expect children to eat a meal in 15 minutes. I would like to see them extend the school day by 15 minutes and give the kids more time.
- It really seems like there's not enough time to eat. Also, my son is a 'grazer' and that's not really something that works in the classroom setting.
- It seems like there is not enough time to eat but I understand that more time would lead to behaviour problems in the class during that time.
- It seems like they don't have enough time to actually eat.
- It seems to be improving. Last year it was quite a problem for both my kids. Had meetings with the teachers andvdiscussed strategies with the girls to make sure the eat and not get distracted. I feel better about it this year, but am hyper vigilant... Always aware when they come home with food in their lunch box and ask questions why
- It would be a treat for the kids to have a hot lunch even once a month, but that just doesn't happen at Morfee.

- It would be awesome if my child finished his lunches and didn't come home hungry lol he always says not enough time before they go play
- It would be better to have 20 minutes to eat or more.
- It would be great if hot lunches could be more frequent and made at the school rather than franchise/fast food choices. Currently the price for the hot lunches, when they are offered, seems high for the quality (the hot lunch is more and more being used for a fund raiser for the grade 7s and I would prefer it was only PAC and the students fundraise in a more hands on manner). I would like to see more emphasis on the children learning to sit together and eat their lunches rather than having to race through lunch or have a movie put on for them to stare at during lunch.
- It would be nice to have shot lunch program like other schools (college heights elem) .. choose the meal and it's delivered to them. My daughter often brings food for other children who don't have lunches
- It's not enough time to play and play is still important in learning. They need to burn off some energy too.
- It's mostly my child's age at this point - needs to eat lunch instead of playing the games the lunch monitors (Gr 6 students) are playing with them or find a way to do both. And as soon as one child is finished eating, they all leave as no one wants to miss out on free time on the playground. It's also unreasonable to expect a Gr 6 to tell Gr 2's to make sure their lunch is finished and enforce that. Also, sometimes the kids are legitimately not hungry and it wouldn't wouldn't reasonable to force them to eat everything before they went out to play.
- It's not healthy to eat so quickly and it's also not possible
- I've been told that the students have a total of 35 minutes to eat lunch, buy milk, get dressed for outdoor play and come back in and get ready for class. If the student practices sports at lunch time, they do not eat. Lunch time should be at least 1 hour.
- Just always concerned about sending my girl with enough good food that she likes. Not being able to send anything with peanut butter makes it really hard to send things that she likes.
- Just because he doesn't eat his entire lunch but that could be due to new medication not the amount of time they have.
- Just not enough time
- Just not enough time to eat.
- Just the time. He needs to have adequate time to finish
- just the timing issue
- Just time given to eat
- Just want to make sure that they are given enough time to finish their lunch without having to eat it too fast to get through it before lunch time ends.
- Just worried that the student helpers at lunch are more concerned with visiting than helping the younger students
- K kids are new to this, they need more time. They aren't allowed to bring food outside, which is ok, don't want them choking. But they need food to focus and behave properly. Should start earlier and be allowed an extra afternoon snack time. All ages should have an afternoon snack time.
- Kids do not get enough time to eat
- Kids don't have enough time to eat
- Kids have got to eat, a few quick bites before being sent outside isn't enough

- Kids in high school (especially those in the younger grades) are more concerned with socializing and participating in all of the activities available, and don't always take the time to eat, if they remember to take lunch with them at all.
- Kids need more time to finish their lunch and have supervision to make sure the lunch gets eaten.
- Kids say by the time they wash and go to the bathroom they only have about 8 to 10 minutes to try to eat. They are half starved and very crabby after school until they eat at home. They have to go outside ... no option to finish eating
- Kinder Specifically, she is slow at transitioning, and never finishes her lunch. Ever afternoon us a struggle with hunger and moods.
- Lack of adult monitoring (what if a child started choking?), Not enough time to eat, hot lunches are just fast food (junk food) that I feel obligated to buy because my child doesn't want to be left out (but the lunches I pack are more affordable and higher quality).
- Lack of time for properly paced eating.
- Lack of time to eat
- Lack of time to eat makes for tired, cranky, unfocused students. It also instills poor eating habits and stomach aches racing to finish their food.
- length of time available to eat. lack of supervision. Not allowed to take food in containers outside, but also prefer only containers come to school (less garbage)
- Length of time to eat
- Limited time to eat and no adult supervision
- Lunch hours should be longer with more importance placed on eating their lunches, more positive focus on eating healthy and longer play periods for the students.
- Lunch isnt eaten because it's not a priority for child. After school very hungry and eats everything plus any extra I bring.
- Lunch time fuels the body/mind. Rushing children through this time only affects their focus and engagement (or lack there of.....) in the afternoon time block.
- Lunch time in the class should be supervised. A hot lunch program would be great as we are very limited as to what can be sent to school.
- Lunch time is too short
- Lunchtime is too short for primary kids to eat lunch, change and have a mid day outside Break. My sons teacher uses instructional time after lunch to walk the students around the school to ensure they get outside time. Intermediate kids often have lots of programs like choir and mdkerspace st lunch. Or they spend their lunchtime supervising the primaries. Grade 5s watching grade 2s seems sketchy to me
- Mainly the lack of time my child has time to eat his lunch.
- many students use this as social time not eating time; lunch monitors make ti fun to play games but that distracts more from eating in a short time; if I didn't pack what I know they will eat it would not be eaten which makes packing a lunch very boring as limits options that can be eaten in a short time frame
- Many teachers realize students do not have enough time to eat and are starting lunch 10 minutes early; which cuts into teaching time. Student monitors are not monitored themselves. They are often having children pack up their lunch early and get ready to go outside well before the bell rings because they are anxious to join their own friends; which further reduces the time they have to eat. Children are being taught to wolf down meals or they are demanding almost full meals when they get home from school. I find my child's number one complaint about school is lunch; to the point that they were becoming anxious

and were reluctant to go to school. A change is needed. Students are not being given the simple respect of the time they need to eat properly

- Maybe a few extra minutes for lunch, but a few minutes at recess to eat their snack would be great. They often eat their snack while outside and that can be tricky...especially in cold weather. I want them to have the outside time...but maybe 5 minutes to eat snack inside first would be good.
- More so that they do not have long enough to eat
- More time for them to finish eating
- More time to eat and more time to play would be nice. An hour lunch would be preferred by everyone. Add 15 min to the end of the day if necessary.
- More veg and fruit would be good. No fried foods.
- Most of the time my kindergarten age child comes home with most of her lunch still intact. .. I'm worried that she is not eating enough to keep her energized during the day as she is usually a slow eater.
- Mostly because of the meltdown after school. I'm sure she is greatly affected by her blood sugar levels.
- My child always tell me that they do not have enough time to finish their lunch. They get off early (2:30 pm) with no recess in the afternoon. At least give the children enough time to eat their lunch even though they get off early, kids won't be hungry by the time they get home.
- My child doesn't have enough time to eat. She asked her teacher if she could bring items outside so she could eat. I don't think that's acceptable to be running around and eating. Lunch helpers could encourage the children to eat a variety of their items. Discuss healthy eating and nutrition as part of why they are there during the lunch period. I'm throwing most of her food out everyday. PAC hot lunch options do not promote healthy eating.
- My child easily gets distracted, so he often doesn't eat enough lunch.
- My child frequently states he didn't have enough time to eat. I understand he may be talking with friends and distracted from eating but even at home he can't eat his whole lunch in 15 minutes without distractions. I am also concerned that they are monitored by older students in their classrooms if a situation was to arise (severe food allergy, choking) I am uncertain that the student's monitoring know how to handle such a situation effectively and find help in a timely fashion. How long would it take said student to find and adult to assist? And are they leaving the class and crisis unattended to do this?
- My child gets lunch program and frequently doesn't eat it. He doesn't like it but it's an affordable option I can afford. He says his monitor tells the class to throw away anything leftover so I don't know how much he is actually eating or what they are actually giving them. He is ALWAYS hungry, angry and irritable after school.
- My child has a very difficult time focusing without adequate food in the day. While there is usually time in the morning to snack there is little to no time in the afternoon to snack. And because they are in such a rush to get to recess he doesn't not often eat enough of his lunch. It sets him up for difficulties with learning and self regulation.
- my child has always been a slower eater, if she had more time she may be more attentive in the afternoon and not so cranky after school
- My child is young, and sometimes needs to be directed to eat. My child often comes home with a full/near full water bottle, which means that not nearly enough water was consumed. More direction on making sure children drink plant of water is needed
- My child is a slow eater and doesn't eat all his lunch and when there are special hot lunches he never comes home with a order form

- My child is easily distracted and unless I pack something small, he doesn't have time to eat
- My child is in grade 2. There is no supervision. They've had their lunch thrown on the floor by another kid. Once the class ganged up on them about their tuna.. one kid started it and a grade 3 (2-3 split) decided to ask the class to raise their hand if they don't like tuna.. Not acceptable. They lost part of their lunch and then were ganged up on. Not happy
- My child never get to eat her lunch always tell me no time
- My child often does not have time to finish eating her lunch.
- My child seems to be easily distracted at lunch and just wants to play and burn some steam, resulting in a neglected lunch meal.
- My children are coming home from school hungry with half eaten lunches saying that they don't get enough time to eat
- My children aren't eating at lunch and come home very hungry. If they haven't eaten properly, they won't be able to focus and learn properly. On top of that they are not being supervised by adults at all times so I worry about their safety also (choking, inappropriate behaviour during eating time)
- My children both tell me they never have enough time to eat. Most of the time they bring home almost all their lunch. I was told by other parents they only have 15 mins. It's not nearly long enough for little kids who are very easily distracted.
- My children report rushed out the door so cannot eat what they would if able to sit and eat like at home Especially bad now with the snow my children state even less time now because have to get dressed in snow gear but say they don't talk or play around at lunch but very little time to eat. Little ones need extra time
- My daughter always tells me she doesn't have enough time to eat her lunch. And she's not a chatterbox.
- My daughter doesn't have enough time to eat her lunch. I don't want her eating time to go into playing outside time, as that is important as well. Maybe have more time for lunch, or let the kids go outside and then eat lunch after they come in..in the classroom and they would just have to put garbage away and then be all ready for class.
- My daughter has never had time to finish her lunch at school. I think that the children should go out in play then eat their lunches.
- My daughter has suffered from blurred vision and double vision that the physician diagnosed as related to low blood sugar levels. My daughter has struggled with the short lunch timing at school since she started in kindergarten. She now has iron deficiency, as well.
- My daughter is autistic and developmentally delayed. One thing that she often struggles with is eating enough. She has a tendency to eat only until she doesn't feel hungry, not until she feels full. She is sent with a very healthy lunch with a lot of variety, but not so much she couldn't eat most of it. She is very distracted by the activities she wants to do outside. Most days she only eats a granola bar all day even though we've talked to the teacher and EA about this problem to encourage her to eat more and give her more time as she eats slow. It only lasts a few days and then the effort wanes. The first thing she does when she gets home is finish eating her whole lunch because she is very hungry. It's very frustrating.
- My daughter puts a lot of pressure on herself to finish her lunch, and begs me not to give her too much in case she doesn't have time. I wish she would take more, and take her time!
- My kid almost never eats breakfast because he says he isn't hungry. So some days he only eats a granola bar at recess and then just a sandwich at lunch. Most days part of the sandwich even comes home uneaten. So some days he hardly gets any food all day at school!
- My kid is a slow eater. He is social but I don't know if the time he has is enough.

- My kids always come home with half eaten things in their lunch kits because they don't have time and they come home hungry. My kids always finish all their food so I know they just don't want to eat it.
- My kids always say they don't have enough time to finish their food and they need more supervision.
- My kids complain about not having enough time to eat so pack less so it doesn't go to waste but come home so hungry. The eating time is partially used up to wash hands prior to eating and the line is long at the sink.
- My kids eat at 7:00am so they can be on time for the bus. On some days they've eaten almost nothing in their lunches when they get home between 2:30-3:30pm. Most days they have extracurricular activities right after school and they're stuck eating in the car to make it on time.
- my only concern is that my child does not finish the lunches i make for him
- My son comes home with his lunch not eaten saying he does not have enough time to eat.
- My son does not get the time needed to properly eat and that affects his mood and afternoon productivity
- My son has a healthy appetite so I have been wondering why he doesn't eat more of his lunch since at home he usually eats more. I do realize that some of his eating is due to growth spurts and that perhaps he just isn't having one right now.
- My son is on a medical high fat diet and it's important he has enough time to eat
- My son is simply not eating enough during the day and it often has a huge effect on his mood after school and into the evening at home. I could literally fill his lunch kit with candy and it would still all come home. Most weeks I could just pack a lunch on Monday and send the same one back every day.
- My son needs more time to eat.
- My son never finishes his lunch. I have been bugging him about how important it is. He always says he doesn't have enough time. I never understood and have been pestering him. Ive just come to find out they have 15mins to eat and wash up. I'm very upset about and would like to see changes. I'll be looking into what the private schools get for lunch. I'm extremely disappointed.
- My son usually doesn't eat his lunch. And often eats only a snack. I do believe he is to blame. Too much socializing/goofing off when he should be eating and then rushing to get outside to play.
- My son was a very good eater at his daycare and is now frequently coming home with his lunch uneaten, he says due to time constraints. I also find it concerning that they do not have water bottles out all day. My son is frequently dehydrated after school and hasn't drunk much water, he says because they only get water at snack time and lunch. I think children should be given the option to have a water bottle at their desk. Lastly, the PAC lunches are often pizza from Dominos, which I view to be of low nutritional value. What about Playgrounds Cafe, Sassafra's or other healthy options, with the bonus of supporting local business owners. (Please note that I have no affiliation to these businesses.)
- My son, being in kindergarten, doesn't have really focused attention on lunch so this is a bit tough to answer at this stage, but I have noticed that he tells me he didn't eat because it was time to go outside... the convenient, easy to open, easy to eat on the fly items aren't always the healthiest and don't provide for a lot of variety.
- My sons biggest complaint is that he never has enough time to eat. As a parent, I know how unfocused he can be when he is hungry and its concerning if it affects his school day.

- My son's class has to come in from art and then put everything away that's sitting on their desks. I dropped his lunch off one day and waited 9 min after lunch started before they were brought back from art then they spent more time cleaning their desks. They had about 5 min to eat.
- my three youngest, in kindergarten and grade 1, never finish their lunches
- My two kids certainly need to eat more at lunch. I have done what I can to make sure I am sending things that are easy to eat quickly as they often say they don't have enough time to eat and are starving after school. This directly impacts how they focus and emotional regulation (not sure about other kids, but it affects mine for sure).
- My youngest is not able to finish her lunch. I am also not sure of the supervision that is offered at lunch in my oldest daughters class. It would be nice to have that information conveyed to parents.
- Need more nutritional value and healthy choices.
- Need more time, it is better now that she is older but when she was younger it was hard to have enough time
- Needs to be longer
- Never enough time to eat
- No
- No adult supervision
- No adult supervision so kids are rushed to eat by older kids. Lots of pressure to eat at times, other the supervisor kids don't take any interest. I would prefer play first and then eat. They are super excited to go outside so food comes home uneaten. Your child is bear at 2:40 as they are totally starving at times. Mrs [name] stays with her kids which is a huge plus . She also has a microwave which helps with lunch options such as cup of soup or heating snacks. It's seems very stressful for kids to stay on task to eat the healthy part of their lunches. They are forbidden to share with each other and can not take out food to eat outside.
- No adult supervision. Grade 4s supervision grade 3s, siblings supervising each other and as a result, lunchtime is very chaotic. Hard for kids to concentrate on eating. Hot lunches do not consider or have option for kids with allergies
- Not eating enough at school has started an eating binge after school. Not a good eating habit to be developing at such a young age.
- Not eating enough food at lunch make kids less able to focus and concentrate on school work, and also leads to poor behaviour.
- Not enough time to eat.
- Too focused on other things. I want to see play before eat !!
  - Also, my child NEEDS adult supervision and during lunch the monitors are kids! Not cool!
- Not enough time
- Not enough time
- Not enough time for child to finish their lunch....and child told they cannot bring their unfinished lunch outside afterwards. Not sure if classes are consistently / correctly monitored during students available lunch time.
- Not enough time to eat

- Not enough time to eat
- Not enough time to eat
- Not enough time to eat
- Not enough time to eat
- Not enough time to eat , and not feel rushed
- Not enough time to eat a meal, and lack of snack time at recess means lunch is important for the kids to refuel so they can focus the remainder of the day
- Not enough time to eat a snack at recess or at lunch before being sent outside. Winters are even worse because time is needed to get outer gear on.
- Not enough time to eat adequate amounts of food
- Not enough time to eat and not enough supervision so probably too much socializing and then out of time. I find my son is anxious about how much time there is to get ready to go outside. His class doesn't seem to have space to accommodate all the kids to get on their gear and get outside
- Not enough time to eat and play.
- Not enough time to eat and student monitors not aware of food allergies
- Not enough time to eat and supervision during eating times is lacking.
- Not enough time to eat her lunch
- Not enough time to eat it and my child comes home with uneaten food and is hungry after school
- Not enough time to eat lunch
- Not enough time to eat lunch
- Not enough time to eat lunch, play or team sports
- Not enough time to eat or possibly not the appropriate monitors for such a YOUNG age
- Not enough time to eat properly. Kids inhale food then are sent out to run around without any digestion time.
- Not enough time to eat their lunch. This leaves them hungry, lacking nutrition and calories for the day and with difficulty concentrating. I also think adults should be monitoring the younger kids for sure, not other students. I think allowing them to play outside first, then come back in to eat in a relaxed, non rushed environment would be far more beneficial.
- Not enough time to eat, getting a bit better as they get older, kindergarten was really bad.
- Not enough time to eat, I hear that everyday. I'm worried that it is not teaching them the importance of nutrition
- Not enough time to eat.
- Not enough time to eat.
- Not enough time to eat.
- Not enough time to eat. I hear this often
- Not enough time to eat. Not allowed to take lunch outside with them. She needs to eat!
- Not enough time to eat. They feel so rushed.
- Not enough time to eat. It's really hard for children with eating disorders
- Not enough time to eat. To expect child to eat fast isn't right. Some don't eat as fast as others. They should to bring their own hot lunches which they are not cause it's too much. It's a lot healthier.
- Not enough time to finish eating. I think nutrition should be a priority above everything else. Without it, the kids learning suffers
- Not enough time to finish the food.

- Not enough time. Supervision being provided by older students. Adult supervision is only provided by an EA wondering in the hallway.
- Not enough to time to eat and no supervision!
- Not having time to finish their food and then being hungry
- Not so much now being in Gr.2 but in Kindergarten and grade 1 there wasn't enough time for them to eat and was often starving and emotional after school. My daughter's teacher tried giving an extra time but on some days it wasn't possible.
- Nutritional value of the lunch.
- Often comes home with most of his lunch and wants to eat it after school.
- often kids rushed to get ready to go out which cuts into the short 15 minutes to eat; will get worse as winter gear takes longer to put on for younger kids and older monitors rushing to their lunch activity; games during monitor time is fun but distracts from eating
- Only because I feel like they don't have enough time to eat their lunch. They both come home with things still in their lunch even when I pack light! They both tell me 'Mom, I didn't have enough time to eat.'
- Part of the curriculum teaches kids about the importance of eating healthy choices/ quantities of food yet we are not following up with experiential learning... giving kids (young kids in particular) enough time to eat. Distractions like playing videos/ movies during eating time are also a real problem... sure it keeps the kids quiet but they don't eat. Again, we are sending a mixed message.. telling kids/ parents to limit screen time yet we are playing videos/ movies at lunch?
- Picky eaters
- Poor nutritional value as almost all are
- Pre packaged or fast food. Also costly as it is used as a fund raiser \$1100 to 1400 per month profit is way too
- Much
- restriction at school due to allergies of OTHER STUDENTS, so my kid can't bring peanut butter, cheese sandwiches, or pizza to reheat in a microwave. At Mackenzie Secondary he was allowed to bring leftover lasagna, pizza to school to reheat in microwave. He has trouble chewing raw veggies (jaw issues), so a salad is out of the question, and he is getting tired of having bologna/ham/luncheon meat sandwiches in bagged lunch. He also doesn't have much time to eat his lunch, he has to walk to his locker to get his lunch, go to the Eagle's Nest room, eat lunch, then return his lunch bag to his locker before his next class. He doesn't have much time to eat lunch, so he doesn't eat very much, so he is often hungry in the afternoon.
- She always says that she does not have enough time to eat.
- She eats more lunch at home on a weekend when shes not learning like she is at school. Due to time.
- She is a fussy eater to begin with but no lunch affects the rest of her day and I am sure afternoon learning when she hasn't eaten anything as she isn't a big breakfast eater either.
- She needs 5 more minutes to eat
- She needs to be able to have time to eat. Even snack time is a pressured amount of time. Other schools have recess my kid needs to wait hee turn. Only two kids allowed to eat snack at a time...also parents must provide snack for the whole class for one week..twice in a year. That shouldn't be up to the parents.
- She says she does not have time to eat so does not eat much
- She says she doesn't have enough time to eat.

- She technically can spend more time eating but doesn't because wants to go out when her friends do.
- Since kindergarten my son has always told me he doesn't have enough time to eat!
- Sometimes my child tells me she did not have enough time to finish and is often not drinking enough fluids during the school day.
- Sometimes there is not enough time.
- Student monitors ability to encourage children to focus in eating job.
- Student monitors cannot handle poorly behaved kids or act on emergencies such as choking- they have to find an adult which takes away precious seconds in a crisis. Also the amount of outside time is severely lacking- kids need to be moving and active for emotional and physical health, but yet again this year there are more computer classes than phys Ed!
- That he doesn't have enough time to eat his lunch, because he wants to be outside to play.
- That there is no adult supervision and lack of time to eat lunches.
- that they aren't receiving enough time to eat their lunches
- The amount of time that they get to eat concerns me, it's not enough at least for my son it isn't enough
- The amount of time they have to eat should be longer or allowed to take remaining lunch out with them.
- The biggest concern I have is the time they have to eat. We are trying to teach our children that mealtimes are important social times, they are to chew their food and enjoy it, yet they simply do not have the time to do so. A child who doesn't eat their lunch cannot focus or be as successful as they would otherwise be, and is very likely to have social/emotional problems due to lack of self-control
- The children are not allowed to get up from their desks or put garbage in the garbage. If they do they are reprimanded. Apparently this has cut down on the amount of garbage there is however I don't feel this is acceptable. These are children not prisoners
- The children do not have any time to eat. They get 15 minutes and during this time they want to talk and play. The grade 6/7 kids monitor the classroom so no eating happens.
- The children don't feel they have enough time , are t allowed to get up off their chairs and put stuff in garbage
- The children need more time to eat. Especially in the wynter when they are supposed to be outside in weather up to -20 and having to gear up/down in snow gear
- The hot lunches are usually pizza .. And nothing else sold with it ..and they are only allowed to buy two pieces if they do get other things in there are very limited options so usually my son doesn't like the items because they all have sauce on them you can't ask for the choice your child will like.
- The hot lunches that are offered have almost no nutritional value. It's all junk food and not good quality food.
- The kids do not have enough time to eat by the time the bell rings, they clean up and get their lunch out. My child is constantly hungry after school and coming home with her lunch not eaten most days. The teacher also plays a movie during lunch which my child finds very distracting while they try to eat lunch.
- The kids do not have enough time to eat. Additionally they are unsupervised and when there is 'supervision' it is by other children, not adults.
- The kids do not seem to have enough time to really engage in active free play nor eat a satisfactory amount of their lunches during the 'lunch break', it's not long enough.

- The kids don't get enough time to line up to leave class, use bathroom, wash hands go to their bags get out their lunches, and get back to their desk to eat.
- The kids don't have enough time to finish eating!
- The kids get very little time to eat and play at lunch. I'm told other schools give their children 30 min to eat and 30 min to play at lunch, this seems more appropriate
- The kids never have enough time to finish their lunch
- The lack of time given for eating lunch, my son takes a long time to eat at home so this means he barely eats at school due to lack of time given.
- The lack of time given to eat and the supervisor responsibilities given to 8 year olds!
- The lack of time or supervision to ensure that children get to eat.
- The lunch program is always the same things since the first day of the year. Same 7 things that rotate thru. My daughter will no longer be partaking in it as she is tired of the same things
- The main comment that I hear from my children is that they do not have enough time to eat their lunches.
  - I would appreciate more opportunity at school for a nutritious hot lunch for increased variety - bagged lunches can get pretty boring especially given that we cannot include any food items with nuts (muffins, granola bars, nut butter sandwiches or dips....)
- The ones that stay to eat are being left out of the social aspect of outside playtime. As well, it isn't healthy to eat a lot in a short time and then head out to exercise.
- The school to provide a hot lunch program every day and parents could pay for it. That way every student has the same healthy option no matter what the background.
- The students need enough time to eat their lunch
- The supervision is not acceptable. There's not enough time to eat, especially when washroom break time is taken out of the minimal time to eat.
- The time given for a child to eat their lunch is so short.
- The time the children have to eat doesn't seem long enough. Especially for younger children.
- The time they have to eat is too short
- The time to eat for the little kids is just not enough
- The younger kids should have more time or help to eat enough food.
- There are not enough adult supervisors available over lunch hour. The outdoor area is large with 2 sets of playground equipment, woods, field etc. To my knowledge there are only 2 adult supervisors for 300 students over that area while students are outside. I have had my child report that the supervisors cannot be found at times.
  - While the students eat lunch the adult supervisors go in and out of classrooms checking on students. This is a commonly used method of supervision during indoor lunch periods. However, if there are only 2 adult supervisors over many divisions, I have concerns about the way that their time can be distributed among that many classrooms. Kindergarten and grade 1 students should not be left unattended for any amount of time for safety reasons and both older primary students and all grades of intermediate students need supervision as well. Student helpers are fine when they are in the classrooms helping out, but they should not be relied on to supervise classrooms of students due to safety and supervision concerns.
  - It should be noted....we moved from a school that was the same size/same number of students within the Quesnel district, with a smaller more visible outside area (that was not located next to a highway and businesses) and had 5 ADULT supervisors. Student helpers (grade 7s from student leadership) were used as well (inside) in the

younger classrooms, to assist. This model was quite successful and ensured no students were left without supervision over lunch period.

- Since moving here my son has not been finishing his lunches anymore. He states there is a lack of time to eat. I have noted here students eat BEFORE going outside. That model was switched in Quesnel to students eating AFTER going outside. The changes noted included students not rushing through eating to get outside and students ate more on average. Another benefit of the eating AFTER model is that teachers can use their discretion and choose to allow a student to finish eating after end of lunch bell, if there is a reasonable cause for them not having had time to eat their lunch. This model also allowed the Kindergarten teachers to give their students an extra few minutes to finish up and clean up etc before coming to circle and resuming classroom activities. Giving teachers this discretion can be helpful. Research shows that children do not learn well, or regulate emotions well, if their basic needs are not met (including hunger)
- My child has told me about ongoing issues on the playground outside that are not seen by supervisors and also issues that have been reported to them and not dealt with and are still ongoing
- there are some families that cannot afford hot lunches and those children are not included. It is nice to have a treat once a month but more than that is excessive.
- There doesn't seem to be much time to eat lunch during the school day. Also, the lack of monitors is concerning. My youngest son was in a class where another student was threatening another student with scissors during lunch. I don't believe any monitor was around.
- There is always an issue with bossy lunch monitors. They should just be there to make sure nothing bad happens not boss kids around. Too much going on. They should get to eat not fool around
- There is not enough free time. We came from district 48 where we had 45 minutes of lunch play followed by 15-20+ minutes to eat while their teacher supervised. Kids aren't as hungry without working up an appetite plus they just want to play so that's where their mind is rather than eating.
- There is not enough time for children to eat lunch.
- There is not enough time for them to finish all they're food, or atleast the main, especially young kids. They are chatty.
- There is not enough time to eat, and is hungry after school. She finishes her lunch at daycare plus the daycare snack that they provide. And I don't send huge lunches. I send easy quick to eat lunches, cut up fruit like apples, pre peel oranges to maximize eating time, and still she usually does not finish all her lunch. I tell her to leave things like fruit wraps or granola bars to last, to eat her fresh fruit, sandwich and yougert first so it does not go bad by the end of the day. But a wrap, fresh fruit, cheese stick, yogurt, pretzels/houmus and a granola bar is what she gets, and never enough time to eat it properly. If she eats to fast, she gets stomachache.
- There is so little time to eat and begun to digest before running around at lunchtime.
- There isn't enough time for my child to eat lunch, or they get too distracted by chatting with friends.
- There should be a regular hot lunch program
- There should be more time to eat - the option to stay and finish eating rather than be forced out to play

- They are always saying they don't have time to eat... and are often not allowed to finish
- They are not given enough time to eat
- They are very expensive and never come with a drink or healthy snack.
- They do not get enough time to eat. They're busy socializing and trying to eat in a very short time.
- They don't have enough time to eat and children should not be monitoring other children, what would they do if someone choked?
- They don't have enough time to eat.
- They don't have enough time to eat. As an adult 10/15 min as a very quick lunch, scarfing food down quickly is not good for you.
- They don't have enough time to eat
- They don't have enough time to eat their lunches and they aren't allowed to take their food outside with them if they don't finish. Also not allowed to get up from desk to put garbage from lunch in the garbage during their 15min
- They don't have enough time to eat. And taking outside is not the answer. They could choke. The wasps are bad at certain times of year. They are supposed to be playing not having to eat. They need to have a longer designated time to sit and eat properly and safely. Also there should be an adult in the classroom at lunchtime.
- They don't have enough time. We try to teach healthy eating habits at home.. like chew your food and eat mindfully. School lunch seems to be all about eating as fast as possible, which is unhealthy as it leads to poor digestion and poor eating habits.
- They don't have time to eat and are starving after school. My kids often come home without drinking anything all school day either!!
- they have 15 min to go to the bathroom, eat, clean up, get ready to go out. leaving them only 5 min to eat if that.
- They just don't have enough time for eating and playing. Lunch maybe needs to be a little longer
- They just don't have enough time to eat. Not enough time to eat means they're hungry, and if they're hungry they can't concentrate and they can't learn
- They need more time or the option for more time to eat if they need it.
- They need more time to eat
- They need more time to eat. School over crowded
- They need more time to eat. The older children like to have hot lunches which takes longer
- They need time to eat so they can learn in the afternoon
- They need time to eat. They also need time outside to play. There just isn't enough time for both.
- They never have enough time- eating lunch fast is not good for digestion & health. It's time schools acknowledge that & change structures!!! Lunch is the main meal in so many cultures but not ours & that's not healthy but they learn it from school that's how it's done.
- They never have time to finish eating
- They say they don't have enough time and that because they don't have lunch monitors people mess around and lunches get knocked over and kids behave badly
- They should be able to finish their lunches before forced to go outside however my son disagrees because this will be less time outside
- They should be allowed to access food if needed and allowed more time if needed ... my daughter is in activities that take place at lunch so she comes home with her half eaten lunch all the time

- They should have more time to eat or be able to take food outside with them to finish. I know that garbage is a concern on the playground but when a child gets in trouble make them do garbage duty.
- Time
- Time allowed seems short!
- Time for eating is too short, especially when you factor in the excitement of many kids when lunch begins - they can talk with their friends, move freely around the classroom etc. That quickly runs into the 15 minute allotted time to eat before going outside to play. I find my children are able to finish the majority of the snack food I packed (as they bring it with them outside), but rarely is their entire sandwich or soup eaten. When I ask why they didn't finish, the response is almost always because they ran out of time.
- Time given to eat
- Time they have to eat
- Time to eat
- time to eat
- Time to eat is grossly limited.
- Textures are an issue, as is cold food.
  - Also yellow cheddar- why the faux colouring, it's not necessary.
  - Also a non milk, non juice alternative like almond milk would be nice. Not everyone wants to fill their child with sugar and milk sugar.
- Time to eat,
- Time. Apparently the lunch monitors like to clap to get attention or quiet the children. This is reason my kids give for not finishing eating
- Too much pizza.
- Too much pizza.
- Too rushed
- Too rushed, sick, choking possible
- Unable to bring foods to be heated up, no peanutbutter even if no children with allergies are in the class
- We have had children in the school since 2006. It has always been stressful for our children to eat. One reason is they are so eager to get outside, and run off their energy. Another reason is the noise level in the classroom during lunch.
- Were concerned that my child gets what we paid for. And portion sizes.
- When I was in school a teacher would walk around and make sure we are our healthy stuff first. Often if I send healthy it doesn't get eaten at all so i send fun food so at least she eats. These are kids not college students. They need to be told to eat their veggies.
- When we were kids the teacher stayed in the classroom and monitored the kids while they ate. Now they get another kid to monitor the younger ones and they all play around. The kids do what they want.
- Wish there were more healthy choices
- With out proper nutrition how are kids supposed to learn? Focus? Participate with their full potential.
- Without proper nutrition they cant thrive. How long until these children become malnourished? It is completely unacceptable for a 4 / 5 year old child to not have a proper snack or lunch due to limited time. These children are in the care of a teacher from 830 until 230. That is quite a long time for a little one without proper food intake. And how about how much these children and drinking and using the wash room at school? Speaking from

personal experience with my little girl, who was just on antibiotics due to a bladder infection from not drinking enough and not using the wash room all day. It isn't out of the ordinary for her to also come home with severely chapped sometimes bleeding lips due to dehydration! What a shame! Something needs to change for these little ones!

- Would like more onus put on getting the kids to eat instead of rushing them out the door. An adult supervisor would make a difference I think.
- Would like my child to eat more
- Would like my child to have more time for her lunch
- Would like to make sure they have enough time to eat.
- Would like to see longer period of time to eat and possibly play before eating
- Would like to see more hot lunches per month and a breakfast club daily provided( our community school in sorrento BC where we just moved from had breakfast club everyday- a free breakfast for kids who do not get breakfast)
- Young students need more time to eat.
- Younger son cannot finish his lunch at school - and seems starving when he gets home.

# Additional Comments

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*Do you have any additional comments or suggestions you wish to share with us?*

- 1/2 linger school days would allow a longer lunch. What happened to finishing school at 3pm ?
- 15 mins is not adequate time for young children to eat a meal especially with no adult supervision. My child is not permitted to bring uneaten food outside to finish lunch. Proper nutrition is vital for concentration and learning. I am also concerned with an older child's ability to deal with a medical emergency in a classroom of small children.
- 4 children in grades 2, 3, 6, 7. Some concern with my sons lunch last year in grade 5 but was handled successfully between us and the teacher. Concerned that "lunch shaming" may happen in some classrooms.
- Additional Resources (and there's lots more!):
  - American Heart Association, Gobbling your food may harm your waistline and heart, 2017. <https://newsroom.heart.org/news/gobbling-your-food-may-harm-your-waistline-and-heart>
  - Leong et al., Faster self-reported speed of eating is related to higher body mass index in a nationwide survey of middle-aged women. *Journal of the Academy of Nutrition and Dietetics*, 2011.
  - Jordan et al., Mindful eating: Trait and state mindfulness predict healthier eating behavior. Elsevier. 2014.
  - The Hospital for Sick Children, aboutkids health, Sports Nutrition, <http://www.aboutkidshealth.ca/En/HealthAZ/HealthandWellness/Nutrition/Pages/Sports-Nutrition.aspx>
  - Health Canada, Canada Food Guide: Proposed proposed Guiding Principles, Recommendations and Considerations, 2017 <https://www.foodguideconsultation.ca/guiding-principles-detailed>"
  - Maruyama et al., The joint impact on being overweight of self reported behaviours of eating quickly and eating until full : cross sectional survey. 2008
  - Jie et al., Improvement in chewing activity reduces energy intake in one meal and modulates plasma gut hormone concentrations in obese and lean young Chinese men. *American Journal of Clinical Nutrition*. 2011"
- adjust bell schedule to allow for free play first and slightly earlier with snacks to go like an extended recess and then returning to eat lunch and reading time
- Allow children' to finish their lunches. Promote physical activity during school time not rushing them outside when they should be eating. Also should have their water bottles accessible during class. Drinking water throughout the day is important. Not just at recess and lunch.
- An extended eating period would be very beneficial!!
- Another concern that I have is about the weather guidelines. As I understand it, the guidelines are -20 degrees and/or at the discretion of the principal. My concern is that -20 is simply too cold to have students, especially elementary students, outside for any length of time. While it is encouraged for parents to send warm clothing with their children and all winter gear, there are always some situations where children do not have every item with

them on a given day. This means that while most students will be decked out in winter clothing, there may be others who are not.

- I understand that -15 is the guideline set out by some other school districts. At my child's previous school this was the guideline and at -14 it was still uncomfortably cold for many students and staff to be outside for 25 minutes, even with all winter gear. I think that the weather guideline should be looked at and compared to other districts. The benefit of students going outside and getting exercise is undisputable, however, if they are so cold they are huddled against the building it does not benefit anyone.
- A few noon hour concerns aside, I must say that I love Vanway Elementary overall :)
- By the time the kids visit the washroom and or wash hands there is minimal time to actually eat
- Children need more time
- Children require nutrition to learn at their best. When lunch is too short... food does not get eaten.. food is wasted, and potential for learning decreases.
- Children should get more than 15 mins to eat in my opinion.
- Children should have enough time to finish their lunches and ample time to run and work it off. I believe one full hour should be allotted for these times, 30mins for lunch and 30mins for activity.
- Definitely need more time to be eating their lunch. It's frustrating that my daughter comes home with her lunch, so now she has to finish it when I bring her to daycare or when she gets home. I've also learned to just pack her less and then keep food in the car if she's still hungry after school.
- Eating lunch should be after free time / play time...not before hand.
- Encourage schools to allow more eating time and regular snack breaks
- Even a 20 minute lunch period would be good - we also get reports that the kids aren't allowed to take food outside with them, if they don't finish. I would hope that they would be allowed to eat anything from their lunch during playtime as well.
- Everyone needs to know more about eating disorders and the children that have other difficulties
- Extend the school day by 10 minutes to extend the time to eat lunch.
- Food is important for focus. If the students are not getting enough time to eat, or there is random chaos happening in the classroom, that is a huge issue.
- Frankly the problem is not the order in which the food/play happens. The problem is that over the years the school day has been truncated further and further at the expense of outside play time. Where there used to be a morning and afternoon recess, now there's only morning. Where lunch used to be an entire hour, it's now 40 or 45 minutes. Put that extra half-hour of outside time back in (i.e. 15 minute afternoon recess and put back 15 minutes at lunch) and end the day at around 3 (like it used to be) instead of 2:30. This gives the kids more time to eat, more time to run around. And it gives the teachers a bit more of a break or some extra minor prep time to catch up. This trend to truncate has had a lot of bad outcomes, and this lunch-eating issue is merely one of them.
- Fruit veggies, hummus, gluten free options
- Get adult supervision.
- Get them to play first then eat
- Give children more time and adult monitors as the children monitoring the classes don't have enough time to eat
- Give kids more time to eat lunch or at least allow them to take food outside.

- Go back to 3pm dismissal and have 30 mins to eat at lunch!
- Have a toc or adult hired to stay in each class for lunch and give them 20 mins to eat
- Have more variety in the lunch programs. Way more variety! Switch it up a lot more. It's boring
- Healthy and balanced meals need to be offered for hot lunches at school. Perhaps you need to be asking the children what they would like.
- Hot lunches are great
- Hot lunches are impossible unless food is brought in as the kitchen is too small for amount of children at the school!
- Hot lunches are ok to be a treat; they are not supplemental to a healthy lunch program. That's a parent's job. Children often run out of time because they are socializing; but that is good learning too, within boundaries of course. There are days when lesson runs long and have to cut into lunch eating time; but this should be made up on the other end.
- Hot lunches in our previous school were all done through a website called munch a lunch. It was so convenient to do from home with a credit card. Also if we wanted to participate in any fundraising we could do all our ordering from our account on that website!!! Maybe something to consider!! Some parents don't have cheques and it's a pain to go to the atm every time they need money for school!
- I am grateful Quinson provides Breakfast program (younger son uses) and hot lunch program (older son uses) - with the addition of a few fun Hot lunch days my younger son can participate in (hot dog day etc)
- I am happy with the way lunches are at school. I want my child to learn while he is there. With all the other things that happen in a school day, library, PE, cultural performances, etc. I am not interested in increasing their lunch time. They can play after school.
- I am more concerned about children who are clearly not taken care of outside of school hours. Awareness of asking for help needs to be pushed more. And when complaints are made they need not be overlooked.
- I believe there are a number of immovable boundaries for this conversation... only so many class time hours in the day, a required number of instructional minutes, break & prep times for teachers. But inside of these limitations I believe there are solutions to be found to enable kids to have an adult supervised eating time where distractions are limited and social interaction while eating is allowed. We shouldn't be policing what kids eat but we sure can help kids to eat what they have brought to school. Study after study has shown that kids learn and behave better when they're fed... let's invest in this.
- I dislike the screentime at lunch. I feel it should be used as a social meal time to eat/chat. Not sit at your desk, be quiet and watch tv .
- I do feel like little ones should be monitored more closely while eating. I remember my son being 4 in kindergarten and being terrified he would choke and there would be no adults present.
- I do not agree with changing the lunch and play time around. I believe kids need to eat and then go out to play. I would much prefer more time be given for children to eat their lunch. 15 minutes is not enough time. They need a minimum of 20 minutes to eat.
- I do not believe that the students especially kindergarten students have enough time to eat lunch. There are children that are slow eaters and they have to go without finishing
- I do not like the idea of my child eating during class time. He needs to focus on what is being taught not what he is eating
- I do support switching to a play first eat second system.

- I don't have as many concerns now that she is in high school. When she was in Heritage Elementary School she was never given enough time to eat before they had to go outside. She didn't eat lunch very often from grade 1 thru grade 7. She is a slow eater always has been. I couldn't believe she was not allowed to finish. She came home from school starving everyday. Little kids need more time to eat at lunch.
- I don't think grade 4 and 5 students should be lunch monitors, they are too young.
- I don't appreciate it when my child is told what he brought is not healthy. My child is a picky eater and I try to pack food that he will eat on his own at school. I worry about healthy choices at home.
- I don't like the Munch a Lunch payment system for our school hot lunches. I liked it better when my children were involved in the process and brought home forms, told me about upcoming lunches, and took money to school. Taking the kids out of the equation is not good.
- I feel like having the children go outside to play first then come in to eat would be more beneficial to the children.
- I feel like having to have the students rush to eat sets them up to always eat fast as they age. Which can lead to over eating and not listening to their body cues for fullness. In my opinion food should be enjoyed not a chore or treated like it's should be consumed quickly with no thought process. I believe that a full stomach with healthy food will feed the brain in the sense of focusing and easier learning . Plus students will be less irritable. My son's always says he wishes he had more time to eat his lunch.
- I feel that lunch eating time should come at the end of the lunch period so children feel less rushed and are not running around with presumably full bellies. If they do not have enough time to eat, they can take it outside with them, but that is not acceptable in the winter when they need to be wearing mittens.
- I feel they need more time to eat.
- I have 2 kids that go to this school. I get they want healthy options for kids however little kids need a proper snack time as well as ensuring lunches are getting eaten. I ensure my kid has a decent breakfast so she won't be too hungry .
- I have always witnessed a problem with length of eating time at lunch and have addressed it each year since kindergarten. I have another student starting in the fall 2018 and I would really like this issue to not be one I'm concerned about. I realize there is responsibility on the student's part but there have been so many times that my daughter has eaten only a few bites of her entire lunch because of lack of time. Its alarming that the school system is okay with this. Nutritional sustenance is a requirement for learning so its confusing as a parent that THIS is a battle we are up against.
- I have heard of schools that have recess first and then eat lunch after which I think is a great idea
- I have no idea how much time they get to use the bathroom or get changed. They don't have very many after school programs I wish they had more
- I heard one school plays first and eats after. I think this is a great idea. Works up an appetite first
- I just feel that the kids feel that are rushed too quickly to eat their lunch. Adults are typically given 30 mins for lunch and we have the ability to focus significantly more than a child, so the short time period that a child has to eat their lunch does not seem reasonable. My child is coming home tired, cranky, hungry on a daily basis to the point we are booking doctors appointments for her to see what's what, when it could just be lack of food that she eats in a

day due to time. The Body and brain need to be fed before strong learning can take place. The amount of times we ask “how was your day” and are told “I forget” is unbelievable, and yet, maybe there is some truth to her ability to accurately remember if she’s not getting the sustenance she needs for her body and brain.

- I just wish that younger kids would have more time as they are not as good with time management.
- I know apart of the problem is that my child uses the time to eat to socially as well therefore she doesn't have time to eat all or most of her lunch.
- I know they older my kids get the easier it is to finish. K-2 requires focus and at that age my kids didn't have that ability.
- I like how we can order hot lunch online
- I love our hot lunch program as it is a combination of meals that are brought from restaurants and made from scratch. We always have a vegan and GF option.
- I pack a large lunch for extra snacks for after school care
- I think 10 minutes minimum for lunch is important. If they're running late getting to lunch, they should stay in that extra time to make sure they have eaten enough lunch before going outside. Again, my child is young and may be relaying information incorrectly. I'm just voicing that would be a concern of mine if it were in fact true.
- I think 15 minutes to eat is plenty of time, they can always take their food outside if they have not finished.
- I think a longer lunch period might help - then either the time given to eat he wouldn't want to rush because he'd have an equal time to play instead of trying to rush his lunch so he'd have more time to play. Especially for primary students I think.
- I think eating lunch after they are allowed to play is a great idea and there are many studies outlining the great outcomes.
- I think food first followed by play is best.
- I think foods should be taught and kids should make school lunches as part of education on nutrition and cooking and social manners of eating together. Watch documentary on Sweden schools.
- I think having play time first where everyone goes out together before they eat lunch gives the kids a chance to play together without being left out. Example, my child came home without eating lunch, asked why said didn't have time, asked why didn't have time, I wanted to be the second out to play. My child already struggles with eating, very picky and slow eater. If they go out to play first and then they all eat together and have to sit at the table for the full 15 mins there might be a more success in eating lunch.
- I think it would be beneficial for the kids that don't have enough time to eat their entire lunch to be allowed to take the rest of it outside with them.
- I think it's very important that this survey go to the school teachers and staff. They are probably very knowledgeable about what happens at the school during lunch and would have ideas of where improvements could be made.
- I think kids will be hungry and want to eat before they go out to play. If anything, make lunch a bit longer (10 minutes or so)
- I think lac does bois does a great job with the lunch set up. Last year my daughter did have student lunch monitors and it wasn't the best. They were more distracting then help. This year, the teacher puts a show on for them and they have to sit quietly and eat their lunch. My daughter doesn't finish her lunch because she is full and because she likes to finish it on

the drive home. The only I thing I think about is in the winter it would be nice if they ate after playtime that way she could have soup for lunch to warm up.

- I think lunch responsibilities fall on the parents. Parents send the junk and parents don't teach table manners or meal time expectations like sitting and eating in a timely manner.
- I think lunch should be longer and kids should be allowed outside when done. There are times when kids do running group or an activity turning lunch and don't eat til after they are done but more often than not the kids don't eat as they are told to go to class which is not fair... Kids need to eat.
- I think more than 15 mins to eat would be beneficial. Even if it was just up'd to 20 mins instead of 15 for eating time
- I think playing then eating should be tried.
- I think that even a extra 5 minutes of actual eating time (total 20 mins) and 30 minutes play time would make a big difference.
- I think that kids should be given more time to eat especially younger children
- I think that the amount of time the kids have to eat should be longer than 15 minutes. Often the kids are not able to get their lunch until the bell rings and then once they have grabbed their lunch and sat back down at their table 3-5 minutes of their limited 15minutes has been wasted.
- i think the biggest issue is that they want to go out and play so they rush eating. i would rather they get play time and then a good length of time to be able to sit down and eat their lunch after play time
- I think the eat first, play time second approach to lunch hour works fine. I imagine it's less about the time allotment provided and more about how they choose to use the time. My child is more interested in socializing than eating his lunch and so if he runs out of time to eat- I think that's his issue not anyone else's. If he comes home cranky and hungry because he chose to spend his time visiting and didn't eat his lunch- than who can be blamed for that- only him? I'm hoping that he will eventually learn that it's his responsibility to eat his lunch! I know there is an adult monitor who reminds the students to eat their healthy part of their lunch first, or to eat a little more before visiting friends and so forth...which I think is good. Reminders and messaging is the best that they can do-they can't force to the child to eat if they choose to use their time to socialize.
- I think the hot lunch program at our school delivered by pack is an amazing thing for the students
- I think the lunch system is working well. The class has to sit and eat there lunch quietly, they have to eat their main lunch (sandwich) first before they are allowed treats. Often times my son will have food left over after school but that is because he was full and he likes to eat again on the way hone.
- I think the PAC does an incredible job at my child's school. I find the hot lunches a bit expensive and not super healthy. This year they ordered from Quiznos for the first time, which was a nice change from constantly ordering just pizza. Veggie/fruit/meat/cheese platters would be a nice option. My son usually tell's me that he didn't have enough time to finish his lunch, however I'm sure a huge part of that is because he talks instead of focusing on eating.
- I think there should be longer than 15 minutes for the kids to be able to eat their lunch. Sometimes the kids aren't able to go and get their lunch until the bell has rung. So by the time the kids get there lunch and go back and sit down and start eating there is 3-5 minutes wasted of their limited 15minutes to eat.

- I try to send my kids healthy snacks but most healthy snacks i find do take more then a couple minutes and they just aren't given the time. So they don't end up eating the healthy snack just going for the quick granola bar.
- I tried to talk with the principal last year. She said oh they have plenty of time to eat.
- I was told that it's school policy not to have microwaves in the classrooms. I wish they were allowed so I could send lunches that need to be reheated. I was even willing to donate on to her classroom and even a electric kettle.
- I wish BC schools grew and made wholesome lunches at the school like they do in European countries. Pizza and processed meats are not wholesome.
- I wish hot lunches would go back to the way they were, where kids would get hot dogs or pizza here and there. I think going to restaurants and then paying \$6 for a hot lunch (and half the time that's not even enough food for her, but I'm not ordering doubles) for a 5 year old is disgusting, but I also don't want to make her be that one kid that doesn't get hot lunch. I don't understand how parents with 3+ kids can afford to do hot lunches for them!!
- I wish schools could introduce cantines, but réalise this is not easy.
- I wish that hot lunches were an option more often.
- I wish the children weren't so rushed
- I wish the kids had more recess/lunch time. I know that my children are better able to focus when tjev have jad physical activity
- I wish the schools would go and play for 20 mins and then come back in and eat with their teacher like we used to. Or even the outside supervisors in the class so they would eat. You need food to focus and that's a huge issue with children right now.
- I wish there was more of a lunch program, more frequent anyways.. I would definitely budget money monthly for it if a program started
- I wish there was more time for kids to eat their lunch instead of stuffing it down quick so they can make sure they eat most of it before they are sent outside. I don't want to see the play time affected by this tho.
- I wish there was more variety in hot lunches and I wish hot lunch was more often. My son loves hot lunch days.
- I would like my child to have a 1 hour lunch time to provide opportunity for eating and play/down time/ clubs/extracurricular activities/ finishing school work.
- I would like my children to have a dedicated snack time in the morning or have permission to eat healthy snacks in the classroom when they are hungry. That way they are able to focus on learning when they are not hungry. They should be able to have full physical activity during recess instead of having to eat and play at the same time which cuts back on their quality of physical activity or makes them prone to choking.
- I would like to note that being a mom of a active young boy I see the value in having outside play time and would not like to see that time shortened to make room for more time to eat lunch. I believe if anything the additional time needed to eat lunch should be added on to the day.
- I would like to see adult supervision at lunchtime in the classrooms. Especially for the younger kids, to ensure they are eating their lunch and not goofing around. And able to eat their lunch in the time that is allotted. I think it is important that they have time to play outside, so I would not want to see eating time extended.
- i would like to see a longer lunch - maybe an hour. so that kids have time to properly eat AND get lots of outdoor time.

- I would like to see a longer time allotted for lunch. However if this means more time unsupervised I am not for it.
- I would like to see kids getting play time first with an option of taking out a snack and then coming inside to eat.
- I would like to see Lunch happen after outside play!
- I would like to see more recess time as well as time to eat. My kids benefit greatly from having time to move their bodies.
- I would like to see more variety being offered and healthier choices
- I would like to see what would happen if the lunch was after the play time. I think the lunch would be less stressful.
- I would like to stress that lunch first then play us working for my child. Although 15 mins of eating time is firmly short for primary students. Instead of changing to 'play first, then eat' I would like to suggest adding more time to their eating time OR instead of 45 minutes of lunch and play time, it might be good idea to extend to 1 hour like most secondary schools in Prince George.
- I would like to try reversed lunch hours - play first, then eat.
- I would love to see 30 minutes to eat & 30 mins to play, lengthen the day abit if need be !
- I would love to see a play first, eat after model.
- I would prefer them to go out for free time BEFORE eating lunch then come in, go to the washroom, wash their hands and sit down to eat. If they don't finish perhaps the teachers would allow the kids to finish up.
- I would prefer to see the scheduled play time before eating time as I believe it would allow the children to settle in for lunch after burning off some energy. I also think there is too little time given for the children to eat. And more adult supervision would be great, if possible. It would be wonderful to have a proper hot lunch program two or three days a week. I'm glad parents' opinions are being sought about the subject.
- i would really like a lunch program at the school
- I would suggest the lunch hour to be broken up evenly.
- I'd think booster juice and pita pit would be a great addition to hot lunch
- I've heard of schools having playtime before lunch. I think that might be a better option. Get the fun out of the way so they can work up an appetite
- I'd like to see play time first and then the ability to eat after play and then during lesson time if not finished eating.
- I'd like to see the school reverse the order of lunchtime to play first eat second
- I'd love to see a bit more variety in the hot lunch options we get (currently there are only 4 that rotate)
- I'd love to see a 'play first eat after' school lunch philosophy
- If there is a designated CHEESE microwave provided at PGSS so that people who don't have allergies can have a hot lunch, that would be awesome.
- I'm fairly satisfied with how it is being run currently. Perhaps the option to take remaining lunch outside? Or play first, eat after?
- I'm finding the pre-ordered online hot lunches a very nice and convenient option! It seems like good value and a way to get more variety in his lunches... thank you for this option and I'd support more variety and greater frequency if it were feasible.... even snacks like fruit smoothies or small veggie trays.
- I'm not sure if playing first would help, but I do think that we need to consider that different kids eat at different paces (just as adults do). This is not an easy thing to figure out.

- I'm unsure if the times I have you given you. It's approximate. I wish hot lunches were less expensive. I don't think that the families with more money should be the only ones to enjoy a hot lunch program
- Increase lunch hour to 1 hour not 45 minutes.
- Increase time for eating
- Intermediate students are often relied upon to supervise younger classrooms at lunch, assist in dressing and getting young students into winter gear and to report behaviour concerns to teachers.
- It concerns me that you are asking parents to rate hot lunches that are provided by volunteers. I used to volunteer to organize hot lunch and it was a huge job that rarely had enough helpers.
- It sure would be nice to have a cafeteria at school for those days when my daughter forgets to make lunch or doesn't leave herself enough time to make it.
- It would be beneficial if the kids had more time to eat, and/or had adult supervision in the class
- It would be easier if we could do e-transfer for hot lunches
- It would be great to see them go outside to play first to socialize and burn off some energy. Then come in to eat after playing, they would be more settled and hungry.
- It would be nice if some of the younger students had longer to eat their lunch without compromising their outdoor play which I feel is very valuable.
- It would be nice to have more time for them to eat. I am tired of wasting food brought home because [child] didn't have enough time to eat his meal. I am also concerned about the lack of supervision in the class room. A supervisor wanders the hall way and checks on all class rooms but there is no steady supervision, and the kids in [child]'s class act up when the supervisor is gone and [child] is the subject of bullying during lunch. Thanks
- It wouldn't bother me if they got a bit less outside time at lunch in exchange for more time to eat, especially since they also get outside recess.
- It's very sad that the children at Morfee don't get to enjoy hot lunches occasionally. This is because no one wants to run them (organize, prepare; find helpers, etc.) Hot dog lunches are so simple and fun, except now they are no longer allowed because they're 'not healthy'.
- I've heard great things about when students are allowed to play outside first and then come in and eat their lunches or when they have more free time to play during the day.
- Just wish the children had more time to eat.
- Kids need more than 15 min to sit down and comfortably eat their lunch. That 15 min includes cleaning up and getting lunch out, which gives them even less time to eat. I'd like to maybe see lunchtime start with playing outside first then coming in hungry and being able to sit down and eat for a full 15-20 min. Not lose any eating time for getting jackets off and lunches out, etc.
- Kids need more time to eat.
- Kids play first, then eat.
- Kids should go play then come in and have lunch. If they are hungry before going outside maybe a little healthy snack to bring outside.
- Last year when one son was in Grade 2, the student lunch monitors would play word games on the board with the kids. There was a stretch where my son would come home having not eaten anything because he got so into playing the games. It hasn't happened this year but I do see it happening in other classes.
- let kids stay in and finish their food. it is so unfair!

- Let the children have longer to eat
- Long eating time.
- Longer eating time.
- Longer free time at lunch. 25 minutes is ridiculous. Eat after play
- Longer lunches monitored by adults are necessary.
- Longer times to play at lunch!!
- Love the play first model and would like to see it at every school! It encourages children to slow down and eat after their play time.
- Lunch monitors with training or adult supervision for grades 2 & 3, not just K & 1.
- Lunch should be after playing outside.
- Lunch should be after playtime.
- Lunch should have a separate space, away from their desk and school work. As adults we are always told to not eat at our desk, take a break from work. Kids need that too to focus on their food and on eating enough.
- Lunch time is too short. I would like not to get wasted food home daily and my child not have enough time to eat or play
- Lunch times are ok, it's just more supervision that's needed.
- Lunches need to be a priority along with playtime. I wish there were weekly hot lunches.
- Maybe change it where kids play first then eat
- Maybe it would work better if playtime was before eating time so kids could get their energy out and then concentrate on eating.
- More attention given to whether students are actually eating their meals, better lunch program options that they would prefer better. For example having a non fish option on Fridays for kids who don't eat fish. I'm paying money to have my child get a meal each day of school and having to pay for days he doesn't eat it seems ridiculous.
- More dairy free options for hot lunches would make me participate in them more
- More frequent hot lunches would be fine with me but isn't necessary. I love that it's not hotdogs!!
- More supervisors would be nice the supervisor to student ratio is very high about 1 to 50
- More time is needed for lunch. Supervision should be provided by adults NOT elementary school students. Perhaps lunch should follow play time.
- More time please!
- My child does not come home with a notice or reminder regarding order deadlines, she has missed 2 hot lunches so far this year because I didn't get the email in time and missed the payment date by one day each time.
- My child does not get hot lunch at this point so I can not have an opinion on that aspect
- My child has been part of leadership monitoring. She wasn't able to eat as she was babysitting other kids. Often kindergartners who should have had an adult in the room based in the behaviour problems I heard about.
- My child is in grade 4 and they still eat a snack in the morning as well. I know they have always been allowed to have snack at recess too if they are hungry. I think that if a child is having difficulty finishing lunch maybe talk to teacher/staff at school to come up with a plan. Maybe pack a couple extra easily portable snacks that kids can eat at recess. Make sure you peel and cut up fruit so the child doesn't have to spend time doing that.....
- My child usually eats as soon as I pick her up and she gets in my car. Everyday she grabs her lunch kit immediately to eat. I do not believe 15 minutes is near enough time to finish lunch.

- My child would prefer to have lunch recess first and then eat when they come in.
- My daughter enjoys the lunch program at KRSS, we pay \$40, that gives her 11 meals offered Tues to Thurs. If it wasn't for this program, she wouldn't eat lunch, as this is what happens on Mondays and Fridays most weeks. Great program, I love it!!
- My daughter has a gluten allergy and she is generally not included or considered in hot lunch program. The time three have to eat is ridiculous and my daughter has suffered substantially because of it. I talk to her teachers about it every year.
- My daughter is in full agreement that play first, Eat after would be a great model for her school.
- My daughter used to say that she didn't eat because she didn't have time. Her teacher told me that they have 20 minutes. I assumed it was a matter of distraction/chatting. This year, my daughter says that her classroom gets a bit crazy at lunchtime (no lunch monitors now), but she has been eating since we talked about it at home a lot. Children can't be at their best when they haven't eaten healthy food throughout the day.
- My daughter's teacher allows her to eat anytime in class. This helps the situation.
- My kid always comes home with food uneaten that she says is because of lack of time. Also i find we do a lot of hot lunches, mostly pizza days, which im not thrilled about because its not nutritious and my child feels left out if she doesnt get it.
- My kids always bring a big lunch so they don't go hungry. Usually eat it all and again right after school
- My kids complain a lot about lunch time - no time to eat or that the student monitors punish them for standing up to eat even though they sat all morning before lunch. My 9 year old has almost never eaten his lunch since he started Kindergarten. I wish I was home (work full time) so he could come home for lunch as the classrooms just aren't suitable. My older son has peanut anaphylaxis and frequently reports kids eating unsafe foods - there is no encouragement for kids to wash hands AFTER they eat which helps reduce the spread of allergens in the classroom. Simple hand washing even for hygiene is not routine at school at eating periods. Meals can be social and kids can learn to eat well together but not under current time constraints and with few role models (eg adults) to help with large numbers eating together. Lunch time punishments by student monitors is again, a huge complaint from my kids.
- My older child does not eat because his friends burn through food to get out early. He is then hungry all day and aggressive by the end of the day.
- My older son in grade 4 is allowed to eat any unfinished lunch during silent reading as long as it's not distracting and I have seen a huge improvement in focus this year compared to last year when the teacher did not allow any food at your desk. I think this method is brilliant for kids old enough to eat without distraction.
- My younger son in grade 1 often says he does not have enough time to eat it all, but it could be that I send too much? Maybe 10 extra minutes for all primary grades and not just K?"
- My oldest is now in high school and my twins are in grade 6. It's about time someone is starting a survey regarding lunch time. There has never been enough time for kids to finish their lunch and the reason they can't eat outside is due to the amount of garbage being left on school grounds which I understand but 15 minutes is not long enough to eat
- My only concerns are the time allowed to eat. I also don't like that they can't heat up lunches. My other concern would be not being able to bring peanut butter.
- My opinion lunch should be 30 minutes (12-12:30 and out for lunch recess 12:35 - 1:00pm Give all the students time to eat

- My son always complains how he doesn't have enough time to eat his lunch.
- My son feels it is extremely important to get outside and play. I feel he eats fast at home and probably even faster in school. Running around right after eating can't be good on a growing body, nor can stuffing his mouth with too much food.
- My son gets very stressed at lunch if there is an activity he wants to take part in because he does not have enough time to eat and get there before the spaces fill up. My son also has issues with his iron levels so it is imperative that he eats what he is given. He struggles every day to get it eaten due to time constraints although I'm sure there are some focus issues on his part. I really dislike when a student lunch monitor tells him he can or cannot eat something because they don't feel it is healthy. We are very careful to send a well balanced lunch and my son knows he has to eat his healthy food before a treat. If I wish to send him a mini chocolate bar after he has eaten his fruit, veggie and protein then that is my decision, not a child's. We use it as incentive to eat what he needs for his iron. His iron levels are due to medical issues, not diet, I don't expect a student to understand but I also don't expect them to shame my child based on his lunch choices. He gets very embarrassed about it.
- My son has asked why they can't have play time followed by eating time then into school work-if kids are not quite done eating they can finish up during class (eg. have reading or quiet activities right after lunch where they can still listen but also finish lunch)
- My son is a good eater and eating is generally a priority to him over playing, but even he comes home on occasion saying he didn't have enough time to eat. He tends to eat the rest of his lunch on the way home. I know that there are many children in his class who line up to go outside instead of eating. I think it would be perfectly acceptable for the teacher to insist that a child sit and eat for 10 minutes prior to lining up for lunch recess.
- My son is in grade 6, but is now at the high school. Lunch time is free time, but he seldom eats as he is too busy hanging out with friends. Plus, they don't really have a designated eating area, so they usually eat while on the go. I work at the Public Library beside the high school, and we are currently trying to come up with some space in our library for kids to be able to eat their lunch, since they don't at the school.
- My son now is in high school but his last years at Blackburn the hot lunch was horrible. How do hot cakes and sausage or Wendys cheese burgers fit in as healthy choices?? To get a meal for each of the Tuesday hot lunches was over 35.00. If the child was away it might be saved for them it was often just given away and no credit was given for missed lunches. They used an online service and you had to pay by credit card online with this random company or they were taking a cheque. Would have been good to have healthier choices and lower cost. Maybe even things with the PAC making like hot dog days there rather than from a restaurant that cost over 5.00 for a hot dog and juice box. The change too from 'if' milk was offered it went from individual milk cartons and to little cups of milk.
- My son would like it if outside playing time was before eating food time.
- Need longer time to eat
- Need to still have hot lunch forms sent home as internet doesn't always work for everyone.
- No
- No
- No
- No. Thank you
- None other than pls make the lunch time a longer time so the kids can eat etc.
- Nope

- No idea how long lunch time is anymore. But 3pm end of school day would give elementary kids more food and play time.
- Not sure why it changed but let kids use a microwave at school again. We have adapted but I think my kiddo would eat more with the opportunity to heat up lunch. Also as for being hungry and cranky after school, this is something that happens regardless of lunch size. He's one of those kids with a high metabolism that just needs to eat every couple of hours or he gets 'hangry'!"
- Not sure why things would have to change from the way things are done now just to accommodate a handful of complaints. Why should everyone else suffer.
- Nukko Lake pac does a really good job at hot lunches.
- Nutritional and balance meals need to be offered more frequently. Pizza is not a nutritional or acceptable food to eat for lunch without salad or other vegetables or fruit. My kid hates pizza. We hardly ever order hot lunch because of that. Perhaps you need to ask the children to have more input on what they would like.
- Often I do not order the hot lunches because they do not appeal to my children that often. Also, I wish there was an option to swap the juice box for a bottle of water. My children and their lunches not being eaten is a daily discussion so I was very pleased to see this innovative idea!
- One hour lunches would be ideal, even 30 mins to eat and 20 mins to play. Adding to that time to get ready to go outside and coming in at the bell. They need longer than 5 mins to get their snow gear on and off. If this passes the length of the school day would need to increase as it would take away from learning time. We are a very busy family so more homework is not an option.
- Our child has an allergy so we tend not to avail of hot lunches.
- Our kids should be taught to eat mindfully, to savour their foods, and to socialize appropriately at lunch. I recognize that teachers also need time away from the class to eat and get ready for the next block of teaching too, but we shouldn't be sacrificing lunch time to provide that. We need a schedule that fits everyone.
- Our old school in Ontario had the 'balanced school day' with 2 'nutrition breaks' instead of short recess/longer lunch. found he needed the extra time to eat.
- Our PAC has a popcorn program every second Wednesday. Hot lunch handmade by parents every second Friday. We also participate in the BCFVP and have a PAC sponsored program where children who happen to come without a lunch are provided a lunch.
- Perhaps play time should be first, then eat. If they don't finish in time, they should be allowed to keep eating quietly
- Play before eating, more time to eat, supervision in the classroom (at least for younger grades), the freedom to have an extra snack during class time when it's absolutely necessary, and the choice to remain inside and finish eating - these things should be considered necessary.
- Play first and then come in and have their lunch and then they have time to relax before it's time to learn again
- Play first works well. Students are allowed to finish up their lunches if needed. With my kids if they don't eat, they're not always hungry then. Often they'll eat what is left when they get home.
- Play first, then eat sounds so much smarter!
- Play time before eating would be very beneficial to many students. Please consider this.

- Please consider allowing more time for children to eat, or allow them to eat responsibly and healthily after they play/during class.
- Please fix this! We growing up had 1/2 hr for lunch, 1/2 hr for play. It should be the same for the kids now!
- Please give our kids more time to eat. We are on them at home about how important it is and to have to school make eating a race is insulting. I've totally stood behind/with the school on everything and I feel betrayed. Please do better.
- Please give them more time or some stricter monitors that will make them do less talking with their buddies and eat first
- Please put Lunches up to 25-30 mins to eat. if can not pick-up to till 30 mins later then normal that is fine if children get time to eat.
- Recess snack must be taken outside to eat which limits what we pack for him and can often be ruined by dropping in the dirt before eating. An opportunity to eat the morning snack before outdoor play would make a huge difference
- Regarding hot lunches, this is something we haven't participated in yet, for no particular reason.
- School districts have spent many years reducing the time that children are at school that it is now at a point it interferes with our children's basic needs.
- Send out a survey about how parents of special needs students feel their children are being supported in the classroom. Because I am extremely dissatisfied.
- shifting so eating lunch is after outside playtime; orientation for lunch monitors; longer than 15 minutes to eat
- Should have reverse lunch schedule
- So appreciate hot lunch days and the wonderful ladies that organize it. Wish the kids had more time to eat.
- Some of the questions in this survey need more of a context so that parents can provide an accurate response. There is research to support more food being eaten when lunch is eaten before outside play.
- Some school programs (like Montessori) allow children to eat snacks more frequently to ensure they are getting adequate food intake during the day.
- Something needs to change so we can make sure kids who don't have lunches get fed, and kids are given the right amount of time to actually eat their lunch.
- Soup? Stew?
- Starting school at 845 means parents who work at 830 have to find and pay a babysitter for 20 minutes. Previous schedule was preferable.
- Students should be allowed either more time to eat, or in class snacks during the day. As a parent and EA, I believe a lot of overwhelming emotions and lack of focus comes from poor breakfast or lack of, as well as hunger throughout the day.
- Students should be monitored by an adult in addition to an older peer, so as not to take away that opportunity from the kids. Kids should either be given more time to eat or I have heard good results coming from play before eating so they can focus on eating afterwards
- Suggest hot lunches go back to being prepared by a group of PAC moms and offer spaghetti not things like Pizza 73, not dogs and other junk food
- Teachers eat in class? Or stay in class until students go outside.
- Thanks for looking into this!!
- Thank-you for doing this survey!

- The argument I have heard to place the lunch break before eating does not seem to address the core issue. Are our students distracted during lunch? Very likely. How do we reduce this distraction? Have adults back in the classroom?? Teach the student monitors what to look for and how to coach younger children to eat?? (Thanks for doing the survey and asking our opinions. Please base any future lunch time practices on research, not well intentioned opinions.)
- The 'dutys' who check the classes do not do their job properly .. Never take a kid seriously when they are being bullied .. There is no follow through when A child goes to a duty for help the usual response is 'come and tell me if it happens again' and it's never the same duty twice monitoring the school.
- The information given is provided by my kids attending this school. Confirmation of same should be verified by the school PAC
- The kids shouldn't have their snacks outside because it's a choking hazard (they probably run around while eating) and I have to send an item with disposable packaging so it's wasteful (he's getting tired of apples but I can't send a container).
- The Kindergarteners have older grade students that monitor them at lunch well they eat, I disagree with this, I think it should be an adult.
- The lunch break should be an hour and kids should be allowed to bring lunch items outside to finish.
- The only thing I think would be valuable is to give students a bit more time inside to finish their lunches prior to going outside. Maybe 20-25 minutes to eat instead of only 10-15. Sometimes my kids are very slow eaters.
- The questions about how many minutes kids usually have is difficult to answer as I don't really know.
- The school has changed to munch a lunch ordering but my child has not eaten what I have ordered so won't be ordering any more hot lunches.
- The short eating time has been in place for a while. My child's 8th year at school. Her and older sibling pick foods for lunch that are easy to chew and bring snacks they can easily take with them onto playground
- The time allotted for actual eating time needs to be increased.
- The time to eat and the time to play should be divided up equally so she gets more time to eat. Also, she is a lunch room monitor for the younger grades so she should get extra class time to eat on the days she monitors since she doesn't always get a chance to eat due to dealing with the behaviors of other children.
- There are several parents at our school that are concerned with the number of sugary treats that are handed out as rewards which I'm sure contributes to the afternoon meltdowns
- There needs to be more supervision!
- They need longer time to eat, not everyone is a fast eater.
- They need more time to eat - BUT this should not take away from their active time outside either. If they don't finish their lunch during lunch time, perhaps they could eat it after lunch while they are in their desks learning? ALSO - a big one for me is supervision. Even if the students all ate in a lunch room and there was only one adult in the room - at least there would be someone there if something happened. Hopefully nothing ever does, but I worry (and know) that next year when my child is old enough to supervise the younger classrooms, he is not trained for that. If a kindergarten child chokes, and my child runs to get a teacher or adult - will it be too late? That's a lot for a child to shoulder AND I don't want that on my child.

- They need more time to eat, or even be encouraged to take their lunches out during class times like during reading or personal times.
- They need more time to eat.
- They say they have no time to eat....its so rush rush. My children are SO irritable coming home i spend the rest ofthe day playing catch up gwtting them to eat. I work really hard to provide healthy choices but the clock is more important than ensuring their bodies are full of food. They should be welcome to eat when they are hungry... have a unique spot in class for those who require eating before others. We talked about self regulation in classes then svhools should allow for children especially k to grade 4 time to eat.
- They should give kids 30 FULL minutes at least to eat. Time to get outside or go to bathroom. 20-30 minutes to play. My kids need to eat to have energy to get through the day. Also should offer a traditional hot lunch, like Campbell's soup, juice/milk, cookies. Should give Spruceland a larger kitchen. Should offer pancakes, sausages, for hot lunch too. Spruceland should have daily hot lunch instead of one day. If they buy bulk soup, KD, etc.. it could be done. Also should be separate from Aboriginal education funding, since it is not all aboriginals who eat the provided free lunches. Aboriginal education funding is meant for aboriginal programming, like singing drumming cultural sports such as lacrosse and hockey. Hot lunch should be run by SD57 as in hiring staff to run a renovated kitchen, not the Aboriginal Education Worker, not PAC. It is not right that a handful of people (5-7) decide for 350-400 kids, when we as parents don't get a choice. The PAC does not make it easy for kids to purchase hot lunch. Also maybe they should just have a page first thing in the morning so kids can order lunch, instead of lining up. Spruceland needs a larger kitchen and would like a cafeteria or kitchen worker rather than dealing with PAC. Thank you. Have a great day!
- They should have longer to eat. Rushing to eat isn't good
- This issue needs to be addressed province wide!
- This problem could be dealt with easily by adding a half an hour to the school day. This would provide the kids with half an hour to eat and half an hour to play, and they could also have a 15 min afternoon play time (or 15 mins or slush time for getting winter clothes on etc.). This is unlikely to happen, but I think it should be lobbied for as teachers would also then have a much more healthy lunch hour in which they could even get outside and walk. Everyone would be in much better spirits for the afternoon! Otherwise, what some schools in the district do is they send the kids out to play first and allow them to eat afterwards and schedule reading directly after lunch so kids can continue eating into their reading time and also read at the same time if necessary. This may not work every day as sometimes they may have gym, but most days it would provide them enough time to eat.
- This survey was done for my older daughter. I did one survey for each of them.
- Training for lunch monitors, some don't sound very nice.
- Try reverse lunch!
- Vanway is THE BEST!!!
- Want children who need more time to eat be allowed to take it. Very much want adult supervision instead of child monitors. This is a safety issue.
- Want more time for children to eat. Would like a play first then eat lunch. Would like adult supervision at lunch hour and outside. Rarely are they seen.
- We do enjoy a longer dinner or breakfast with meal time conversation when we can however not every night or morning this can happen and so having our children accustomed to eating on a time limit is helpful to our busy lifestyle.

- We don't participate in the hot lunches because my son is such a picky eater. I believe they do have enough time to eat, he would just rather be doing other things.
- We have talked to our son countless times about taking the time to eat but there is such a short amount of time designed for them to eat it's ridiculous. There is also peer pressure amongst the class to get out quickly because they play tag or whatever game and last one out is 'it' , etc.
- We pack less food so he feels like he can finish it
- We would consider paying into a regularly available hot lunch program if it were possible.
- We would definitely consider paying into some kind of regularly available hot lunch program if it were possible.
- We would like to see longer lunch times in the school and have the teacher stay in class to supervise lunch.
- Wendys is a terrible choice. A plain hamburger, and goldfish crackers was a huge disappointment to my boys. They would be much happier with salads(their favorites) or even fries with the burgers. They miss the chinese food too. The quiznos subs are too chewy for them. So, I no longer purchase the hot lunches, they would rather eat what I send. When my children had the hot lunches, having children have to order lunches before school is also tough. If we are running behind and can't get there early enough they could miss out. Being able to order the day before, and day of would be ideal.
- We've been advocates for switching the order to play first, then come in to eat. If that were the case, they kids would be more likely to take their time and eat a proper meal. In playing first, they would be more hungry, but also have little reason to avoid taking the proper time to eat. The kids who did finish more quickly would't be rushing off to the playground, which would make the slower eaters more likely to remain and finish. Also, rushing to eat has been a very bad habit (primarily learned in school), health-wise, that many of us who rushed as children are now working to break.
- When a child chokes help is to far away for the child to properly get help. More adult supervision would aid in the kids eating better
- wish had more time to eat lunch they need more time like 25-30 mins.
- Wish Pac offered hot lunch for kindergarten too!
- Would be nice if the kids were given enough time to finish their lunch. I know of other kids who are eating hardly anything because they don't have enough time and feel pressured.
- Would be nice to see them eat a quick snack, go outside to play and then come in and eat their lunch. Also would be nice to see them have access to their food during the day should they get hungry. I don't think my child is even allowed to have a water bottle at their desk during class time.
- Would like a 50/50 split on the time to eat and play at lunch. However, I'm not a teacher that has to get 20 kindergarteners dressed to go outside after eating time
- Would like to see a survey about adequate time for activities during lunch, some rules on the playground that are not reasonable.
- Would like to see play first then eat
- Would love to see a bit more time to eat and adult monitors.
- Would love to see then play first eat second routine to be established in the school!
- Would much prefer play before eat method
- Would prefer the play first; eat after model used successfully in other school districts.