

Educational leadership – the importance of breaks in school



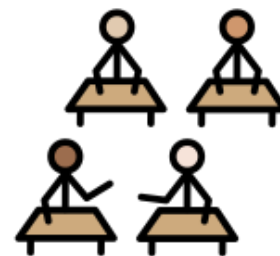
Breaks and food are important tools for better results in school.



Educational leadership – the importance of breaks in school



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Skolverket



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universitet

Specialpedagogiska
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Educational leadership

Research shows that successful schools think about the entire student's day to achieve results.

The whole school day is “the education”, lessons, breaks, meals etc

John Hattie 2010

Visible learning: 52 000 studies of
about 83 million students



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Educational leadership

The Swedish government is responsible for the education of Swedish children. The length of the school day depends on the age of the students.

All Swedish schools have a common curriculum, subjects, time, content etc

To provide all children with a good learning environment, children need breaks. I have been asked to talk about how we plan and implement children's breaks.



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Töllsjöskolan

Töllsjöskolan is a small school in the countryside. At the moment we have 102 children. It is a school för children aged 6-13.

The pre-school class is compulsory for children 6 years old, and the school day is about 3 hours per day.

Elementary school (grade 1-3) is for children between 7-10 years of age. Their school day is between 08.10-13.20 every day

Middle School (grade 4-6) is for children between 10-13 years of age. Their school day is between 08.10-15.00 almost every day



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Töllsjöskolan - School-age educare

School-age educare is for pupils between the ages of 6 and 13. It is open before and after school hours and during school breaks when parents are working or studying.

Töllsjö the School-age educare

- is open between kl 05.45-18.00
- most children are between 6 -10 years old
- we have about 55 children and 4 adults.



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Töllsjöskolan - School-age educare

School-age educare supplements school in two ways:

- By welcoming pupils during the part of the day that they are not in school and during breaks.
- By giving the pupils partly different experiences and knowledge than what they get in school.



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Töllsjöskolan- Preschool -class

The teaching aims is to increase

- pupils' imagination,
- empathy and ability to learn together with others through play

Through play, pupils shall be given

- the opportunity to process impressions,
- test different identities,
- develop creativity
- their ability to cooperate and communicate.



The importance of breaks in school

During school days, we have three longer breaks.

20 minutes 09.40-10.00 and 13.20-13.40

30 minutes sometime between 11.00-12.30

Shorter breaks during the lessons

During the breaks games or play from lessons can continue or something we organize, something we have planned or something the children ask for.



The importance of breaks in school

During the breaks, 09.40-10.00 and 13.20-13.40, all children are outdoor and 2-3 teachers are with the children

- At the beginning of the semester, children are often in playgroups. Together with their teacher they decide what they want to play.
- Later in the semester, it is usually free to decide what they want to play



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The importance of breaks in school

The lunch and the lunchbreak

- The children have 30 minutes to eat lunch in our schoolrestaurant.
- At our school, we mix grades 1+4, 2+5, 3+6 both in teaching and during breaks.
- They have a lunchbreak before or after they have eaten.
- During this longer, one hour break", the teachers organizes "break-fun"



The importance of breaks in school

"Break-Fun" - The teachers are responsible for these activities.

- This is a popular activity.
- The teachers prepare different types of games, dance, painting, music, run- or jumpgames
- Participation is voluntary.
- The pupils can suggest what they want to do.
- To move is important



The importance of breaks in school

Those who want to do something else...

- often play football or other ball games,
- ride bicycles or pedal cars,
- play horse jumping, stick horse competition
- dig in the sandbox or in the snow
- they sell sand cakes in the small cottage
- climbing frames,
- jump ropes,
- swings, yes there is a lot to do.



The importance of breaks in school – in lessons

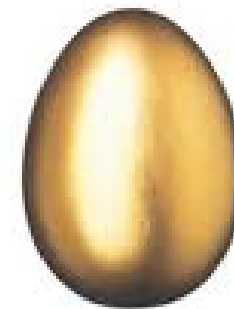
All teachers received training for more movement in school with the aim to achieve higher results.

We know that more movement in school increase the ability to learn and concentrate, support social interaction, communication and behavior.

After the education we also introduced more planned breaks during the lessons. Moves with crossing from left to wright side of the brain, balance exercise, dance, etc makes a big difference in learning



At last... a golden egg



- At our school, we have learned to take advantage of the whole day with breaks, movement and food.
- We are much better at planning movement during the day.
- It has become more peaceful and we have better results.



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Thanks for your attention

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