



**Elim
Christian
College
Mt Albert**

Monday 7 September

Munch 'N' Crunch

Kia ora parents and caregivers,

Over the last few years, our Year 0-2 students have had a “munch ‘n’ crunch” snack break before morning tea. Originally, the morning tea break was at 11am, so this extra break helped keep students energised during core learning time.

When we became a standalone school in 2024, the morning tea break shifted to 10:40am. Despite this shorter morning block, “munch ‘n’ crunch” continued out of habit.

The “munch ‘n’ crunch” break currently falls between 9:45-10am, just before morning tea at 10:40am. We have reviewed this structure and concluded that the extra break is no longer necessary.

As a result, we will be phasing out “munch ‘n’ crunch” over the next few weeks, with it being fully removed by the start of Term 4, Monday 12 October.

We place a high value on maximising core learning time, and this shift will enable students to stay engaged in learning for longer. Movement breaks will remain in place so that students can have a body break without becoming restless.

To help with this transition, you may wish to offer your child a slightly heartier breakfast before school to keep their energy levels up until morning tea. The [Kids Health website](#) contains some helpful information on fuelling students.

Thank you for your continued support as we optimise daily routines for our Year 0-2 students.

Kind regards,

Jessica Kidd
Assistant Principal Year 1-8