



**KNIGHTON  
NORMAL SCHOOL**

ADDRESS | 45 Knighton Road, Hamilton, 3216

PHONE | (07) 856 5399

WEBSITE | [www.kns.ac.nz](http://www.kns.ac.nz)

PRINCIPAL | Andrew Campbell PGDip. Org. Behaviour, B.Ed., Dip.T.

## Changes to break times ~ Term 2 2022

Dear Parents / Caregivers;

Our break times in Term 2 will be the following;

10.50 - 11.20; outside play (inside if a rainy day)

11.20 - 11.30; eating time

1.00 - 1.30; outside play (inside if a rainy day)

1.30 - 1.40; eating time

We believe these changes will help all students get more from their play times but will mean eating times are slightly rethought. Please help us by doing the following;

- including a **piece of fruit** that is specifically for 'fruit time' which will be during the morning block to help students stay fuelled for learning.
- Consider there are two equal eating times and continue to provide healthy lunches so your child can make good decisions about what they eat during each break time.
- Remember to send your child to school with their **water bottles**, not other drinks.
- Please remember our **NO NUTS** rule to help keep those with allergies safe. This includes all nuts / nut products, for example **Nutella & Peanut Butter**.

Thank you for your support.