



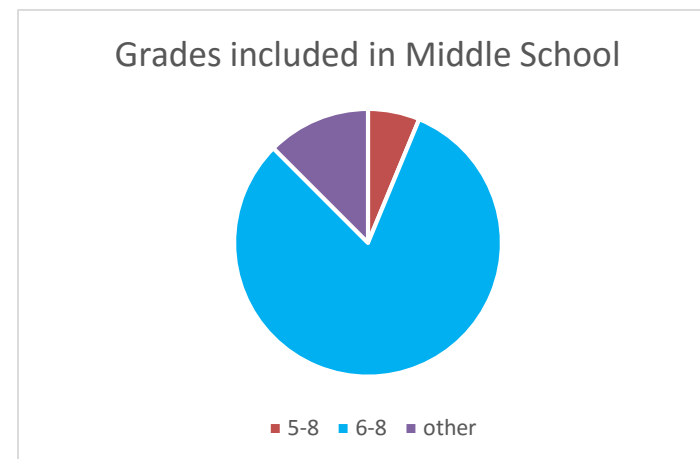
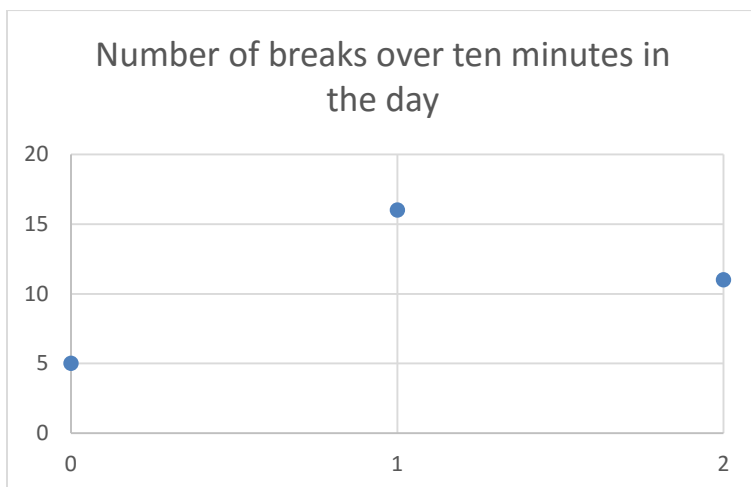
Principals' Training Center

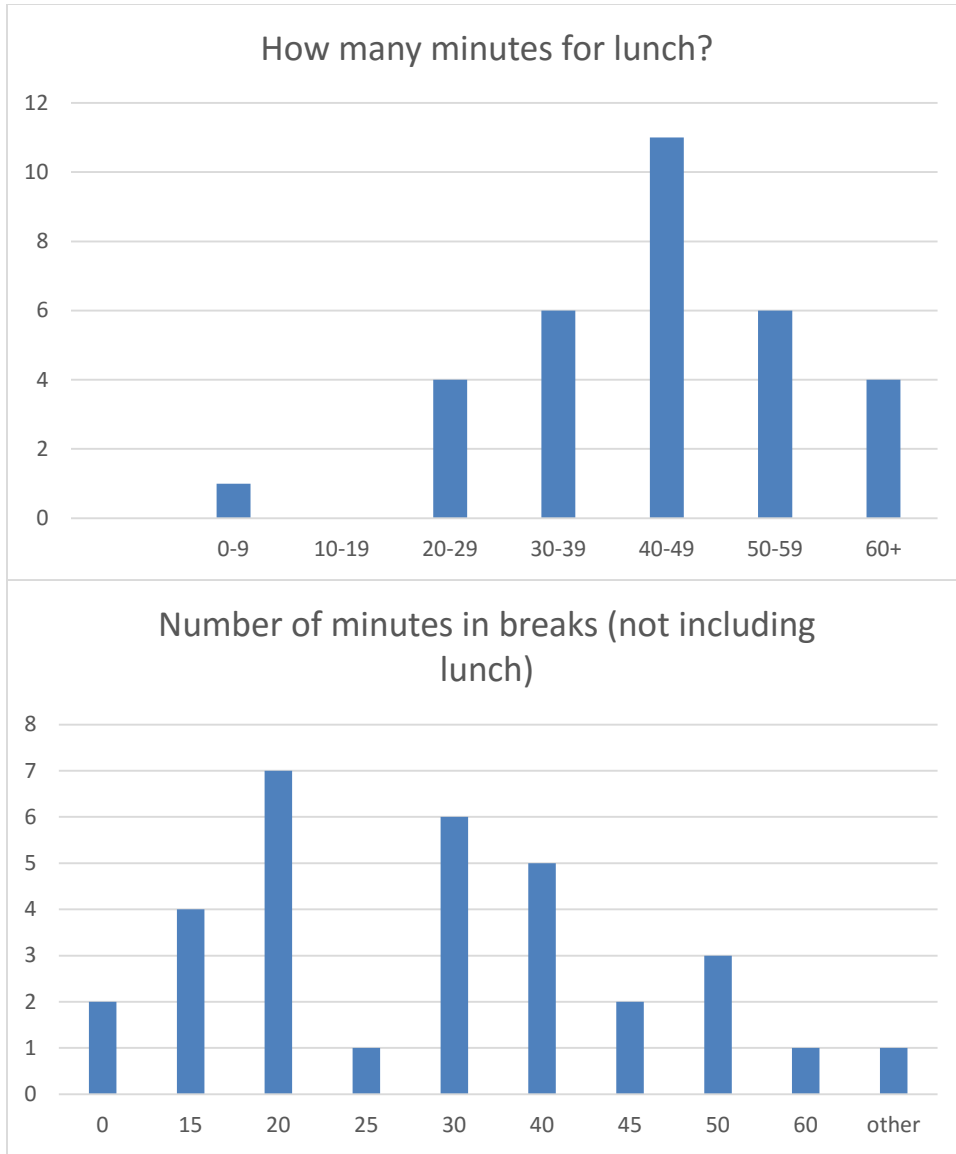
PTCnet Survey Summary

TOPIC:	Breaks and Recess in Middles Schools
QUERY:	Thank you to those who responding to this survey about scheduling breaks and recess in Middle Schools. The results are most interesting.
QUERY SUBMITTED AND COLLATED BY:	Katie Shefren
TOTAL NUMBER OF RESPONSES:	32
Date conducted	3-11-16

Responses:

See below.







What is the name of your school?	Please select if you are a 5-8 or 6-8 middle school:	How many breaks of more than 15 minutes do your students have per day (not counting transition times of 10 minutes or less or lunch)?	What is the total number of minutes devoted to breaks/recess in your students' daily schedules (not including lunch)?	How many minutes do students have for eating lunch each day?	Please list any other options not listed above (e.g. lunch and recess are combined):
The American School in London	5-8	1	30	30	none
FDR - Colegio Roosevelt, Lima, Peru	6-8	2 (break 15min & lunch 40 min) also have 3 flex periods a week	range of 15-1.5 hours (flex days)	40 min.	
Magellan International School	6-8	Two	50 minutes	20 minutes	Lunch and the 30 minute recess are combined
International School of Monagas	other	1	15	30	
TFS - Canada's International School	6-8	none	none	one hour	We have club time attached to lunch once a week for 40 minutes.
The koc school	5-8	1	60	50	
Lincoln Community School	6-8	0	20 minutes	55 minutes	lunch and recess is combined



AISBUCHAREST	6-8	2	20	35 but will change next year to longer lunch	Next year a lunch and break o
French American International School	6-8	1	40 minutes	49 min (lunch and recess)	Lunch and recess are combined
Knightsbridge Schools International Panama	6-8	2	40	20	Our lunch and recess are combined, however students have from 12:15-12:35 for lunch, then 12:35-1 for recess. As well as a 15 minute recess at 10am.
United Nations International School Hanoi	6-8	1	20	50	As a MSHS our MS schedule is currently linked to the HS. Finding "official" break times for MS is difficult. We encourage teachers to offer small breaks within our 80 minute block schedule for MS students.
American School in Japan	6-8	1	25	40	The 40 minutes for lunch includes recess time
International School Nido de Aguilas	6-8	None	None	45	Lunch and recess are combined- 45 minutes
Hong Kong Academy	6-8	Two 15 min. Breaks	30 min	60 min	We are a 4 period day. We use breaks and lunch between classes instead of passing time
Peterson School	other	One break from 9:35 to 9:45, and another from 11:15 to 11:55	50 mins.	Lunch is from 1:50 to 2:30 before extra curricular workshops (optional)	



The Universal American School of Dubai	6-8	1	15	35	The lunch break is 35 minutes, with 5 minutes passing time before and after. The morning break is 10 minutes long, with a 5 minute passing time after.
American International School Chennai	6-8	1	30 (not including passing)	45	
Advanced learning schools	6-8	2	50	0	Lunch and recess combined
Seoul Foreign School	6-8	1	30	40 total (lunch and recess combined)	We have a 40 min lunch/recess time which breaks down to approx. 20-25 min to eat and 15-20 min of recess.
American International School of Budapest	6-8	1	15	60	
American School of Warsaw	6-8	1	30	40	Lunch and recess are combined in the total of 40 minutes I mentioned in the previous question.
International School of Luxembourg	6-8	2 (1 x am break & lunch/recess combined)	20 min break + 20 min total passing time.	55 minutes	Lunch & Lunch recess are combined to give 55 min total.
WAB	6-8	1	15	55	
Hong Kong International School	6-8	1	45-50 minutes	30 -35 depending on day in rotation	
ACS Doha International	other	None	45 mminutes	25 minutes	NA
Cairo American College	6-8	2	40	60	



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The Anglo-American School of Moscow	6-8	0	20	40	
Colegio Internacional Puerto la Cruz (CIPLC), Venezuela	6-8	1 morning break + 1 lunch break	1 morning break 9:20-9:40	30 minutes for lunch break	our MS and HS students have advisory/clubs (daily from 1:05-1:35) which is NOT a break
Shanghai Community International School - Hongqiao	6-8	2	40 minutes	20 minutes - lunch and break are combined for a total of 40 minutes	See above - we have one 20 minute morning break and one 40 minute lunch/break combo
International School of Kenya	6-8	1	20	45	
Dresden International School	6-8	1	20	40	N/A
Peterson School	other	2	30	20	--