



# Birchwood High School

*your dreams, your future, our challenge*

Dear Parent / Carer

We are writing to inform you about a change to our school day timings, which will take effect from the start of the new term. These adjustments have been made with several important goals in mind, all of which aim to enhance the experience and wellbeing of our students.

One of the key changes is an extended lunchtime. By lengthening this period, we are creating valuable opportunities for staff to run a wider range of enrichment clubs and activities. This will give students regular access to engaging and meaningful extracurricular options throughout the week.

In addition, lunchtime will now begin earlier in the day. Under the previous schedule, lunch began at 1:25pm, and we recognise that this meant some students were eating much later than is ideal. The revised structure addresses this by bringing lunch forward, supporting healthier routines and improving focus for afternoon learning.

These changes also align closely with our updated behaviour system. The new timings allow us to run purposeful and timely lunchtime detentions, helping to maintain a high standard of conduct while preserving learning time during lessons.

Finally, we continue to place great value on fostering positive social development. We believe that lunchtime offers a vital opportunity for students to interact, build friendships, and develop self-regulation – all without reliance on mobile phones. The structure of the new day supports this vision and encourages rich, face-to-face social experiences.

Thank you for your continued support as we implement these changes to further strengthen the educational experience at Birchwood.

The new Birchwood school day:

Session	Time	Duration
Registration	08:40 – 09:00	20 minutes
Period 1	09:00 – 10:00	1 hour
Period 2	10:00 – 11:00	1 hour
Break	11:00 – 11:20	20 minutes
Period 3	11:20 – 12:20	1 hour
Lunch	12:20 – 13:15	55 minutes
Period 4	13:15 – 14:15	1 hour
Period 5	14:15 – 15:15	1 hour

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A full list of Directors is on our website