

Inveralmond Community High School

Willowbank, Ladywell, Livingston EH54 6HW
Tel: 01506 280700

Headteacher: Mr H Shankland
Depute Headteacher: Mrs I McGinnis
Depute Headteacher: Mr K Varty

Dear Parent Carer,

Subject: Parent/Carer Voice – break and lunch timings

As part of our commitment to ensure that your voice is heard on issues that affect your children, I would be grateful if you would take a few moments to read the information below and respond to the form regarding the two issues outlined.

Break and Lunch Timings

Our school day is currently organised as follows:

Mon-Thurs		Friday	
Start	0835	Start	0835
Break	15 mins	Break	15 mins
Lunch	40 mins	End	1220
End	1530		

Two issues have arisen with the format of the school day:

1. A number of pupils who go out at break are regularly late back from the shops.
2. The break time is very busy for dining staff, and they cannot always get through the queues in 15 minutes.

There is therefore a proposal to move 5 minutes out of lunchtime, and into break for session 26/27 to alleviate both issues. The start and finish times, and the learning times are unaffected.

The school day would then be organised as follows:

Mon-Thurs		Friday	
Start	0835	Start	0835
Break	20 mins	Break	15 mins
Lunch	35 mins	End	1220
End	1530		

Change to Format of the Day

Separate to this, we have become aware that a number of pupils attend school without having breakfast. The format of the day is currently:

Period 1
Period 2
Period 3
Break
Period 4
Period 5
Lunch
Period 6
Period 7

To provide young people with the option of eating earlier in the day, there is a proposal that break would move to after period 2. Meaning there are 3 periods between break and lunch. Research shows that nutrition plays a big part in concentration and behaviour, therefore this change would support learning. The start and finish time, and the learning times are unaffected.

That means the new format of the day would be as follows:

Period 1
Period 2
Break
Period 3
Period 4
Period 5
Lunch
Period 6
Period 7

I would be grateful for your thoughts on these two proposals. The form will close on Friday 15th May.

Form Link: [Parent/Carer Consultation on School Day - April 2026 – Fill in form](#)



Yours faithfully,

A handwritten signature in black ink, appearing to read 'H Shankland', positioned above the printed name.

Mr Hamish Shankland
Headteacher