

# Lunchbreak

Information brochure

2025  
2026



With this brochure we would like to inform you about the lunchbreak at our school. We explain how the lunchbreak is organized, what the costs are, what rules and regulations there are and how you can register your child. If you have any questions after reading this brochure, you can contact the lunchtime coordinator or the school management.



Basisschool  
**De Troubadour**

# Stichting overblijven basisschool De Troubadour



To properly organize the lunchbreak at our school, we have set up a separate board. The lunchbreak is organized on Mondays, Tuesdays, Thursdays and Fridays by 'Stichting Overblijven basisschool De Troubadour.' During lunchtime, the teachers have a break and volunteers watch the students. There is a coordinator present every day to ensure that everything runs smoothly. On Wednesdays the children go to school until 12.00 and there is no lunchbreak at school.

## How is the lunchbreak organized?

The lunchbreak lasts for all students from 12:00 to 13:00 and starts with eating and drinking their lunch. Then all the students go outside to play in the schoolyard. Groups 1 to 8 play outside together, because we think it is important that students know each other and young and old learn to play together. In very bad weather the students stay indoors. They then play in the classroom under the supervision of a volunteer.

### Group 1-2

The students from groups 1-2 eat together for 30 minutes with a volunteer.

At 12.30 they will play outside in the schoolyard under the supervision of a volunteer.

### Groups 3-8

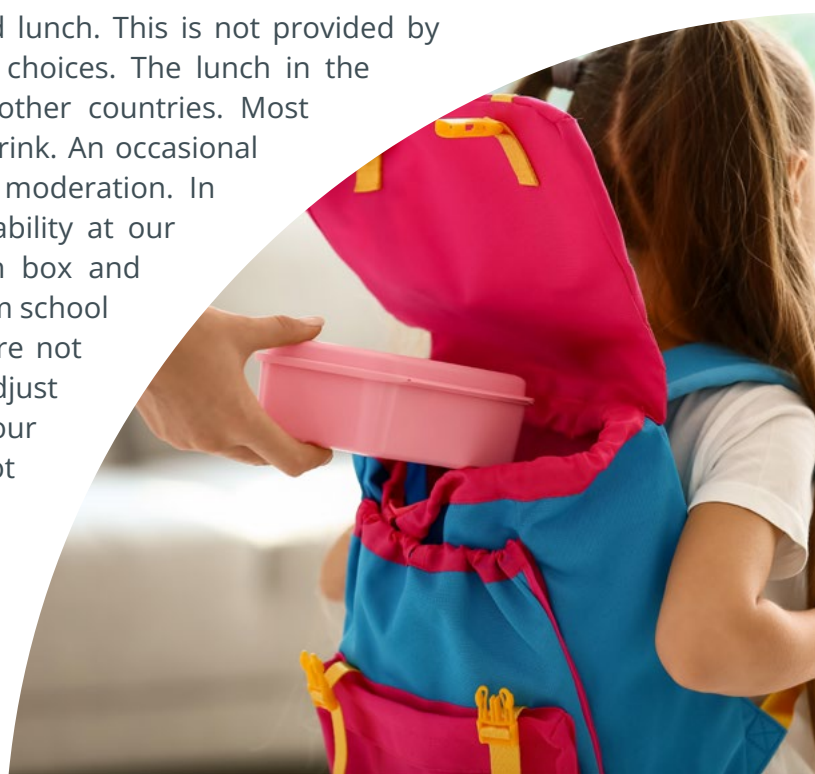
The students from groups 3 to 8 eat together with their teacher for 15 minutes.

At 12.15 they will play outside under the supervision of volunteers.

When playing outside, the playground next to the school and the park are also used.

## What does my child eat and drink?

Parents are responsible for providing a packed lunch. This is not provided by the school. We do encourage making healthy choices. The lunch in the Netherlands is usually modest compared to other countries. Most students bring sandwiches and something to drink. An occasional small cookie or candy is no problem, but in moderation. In addition, we pay a lot of attention to sustainability at our school and we encourage the use of a lunch box and drinking cup. Every student receives a bottle from school to drink from. Disposable packaging is therefore not allowed at our school. It is important that you adjust the amount of food and drink to the needs of your child, because the volunteers and teachers cannot estimate how much your child should eat and drink. Write your child's name on the backpack, lunch box and bottle.





## What does my child do at lunch?

While eating and drinking, the teachers alternate activities throughout the week. Sometimes they read aloud, they pay attention to citizenship through [dedagvandaag.nl](https://dedagvandaag.nl), they watch 'Het Jeugdjournaal' or watch a part of a film and sometimes students just chat with each other.

## Does my child have enough time to eat and drink?

For most students, the time they get to eat and drink is sufficient. Students who have not yet finished their lunch are given the opportunity to eat it quietly in the classroom under the supervision of a volunteer. The children who have finished their lunch go out to play.

## How can I register my child for lunch?

You can register your child by completing the registration form that your child will receive when he or she starts at our school. This will be followed by a digital registration form for the following school year via the school at the end of each school year. If you no longer want your child to stay at school for the lunchbreak, you can indicate this via the lunchbreak telephone. If your child occasionally misses a day, you can inform the teacher.







## What does the lunchbreak at De Troubadour costs ?

The lunchbreak cost €70 per child for four days a week for an entire school year. You can pay by transfer or payment request. Transfer: transfer the amount of **€70** per child to account number: **NL66INGB0008971041**, stating the **name and group of your child**. In the name of: **Stichting Overblijven basisschool De Troubadour**. If you would like to receive a payment request, you can indicate this on the registration form. We spend the income on an allowance for the volunteers and, among other things, play materials for the students. If you have any questions about payment, please contact the treasurer. The name of the treasurer is listed at the back of this brochure.

## What are the rules and regulations?

- We expect all students to follow school rules and to treat volunteers with respect. The teachers pay a lot of attention to this during the school year.
- The students eat together at the table for at least 15 minutes.
- Students are not allowed to leave the schoolyard while playing outside. Groups use the park under the guidance of a volunteer.

## Who are the lunchbreak volunteers?

The volunteers who help during lunchtime are often parents of children who are students of de Troubadour. These volunteers receive a volunteers allowance of €10 per time. In addition, your own children stay for free on this day.

All volunteer volunteers have a Certificate of Good Conduct (VOG). A Certificate of Good Conduct is a statement showing that the (judicial) past of a volunteer is not an obstacle to fulfilling a specific task or position in society. When assessing a VOG application, the government checks whether the volunteer has committed criminal offenses to his or her name that pose a risk to the position or purpose for which he or she is applying for the VOG.

In addition, all volunteers use the same pedagogical approach as the teachers and conflicts are resolved in the same way. The school's bullying protocol is also followed if necessary.



## Can I also become a volunteer?

Of course! It is a challenge every school year to find enough volunteers. We are very happy with every volunteer who signs up. Becoming a volunteer is a fun and meaningful contribution to the school. Even if you do not (yet) speak Dutch, you are very welcome. It is actually a good way to practice your Dutch. If you know people who also want to become a volunteer, they are also very welcome. You can register via the lunchbreak telephone or with the school management.

## Can my child also eat at home during the lunch break?

Yes, staying at school during the lunchbreak is voluntary. At our school, approximately 95% of parents choose to let their children stay at school during the lunchbreak, because it is also a fun and social activity for children. You can also choose to let your child eat at home. You will then pick up your child at 12.00 and ensure that he or she is back in class at 13.00.

## Complaints procedure

You are encouraged to inform us about any concerns or complaints you have about your child's lunch break at De Troubadour. Please follow this policy:

1. Discuss your complaints with one of the lunchbreak coordinators. They will try to find a solution together with you (and possibly in consultation with the lunchbreak volunteer and possibly your child's teacher). The names of the coordinators are listed at the back of this brochure.
2. If this does not produce the desired result for you, you can contact the chairman of the lunchbreak committee. The name of the chairman is listed at the back of this brochure.
3. They may ask you to forward your complaint in writing. Your complaint will then be processed by the lunchbreak committee. They will then look again to see whether we can find a solution together with you. After processing your complaint, the lunchbreak committee will inform you of its point of view and decision in writing.
4. If you do not agree with the decision of the lunchbreak committee, you can submit your complaint to the school management. The management will ultimately make a binding decision.





## Who are the members of the board?

We have a lunchbreak board consisting of 5 members. They meet regularly with the school management. If you have any questions, please contact one of the board members via the lunchbreak telephone or the school management. If you have any questions about payments, please contact the treasurer.

**Chairman** - Annelies Dellevoet (06-30613304)

**Treasurer** - Annemiek Steenbeek (06-28785084)  
or via [penningmeester-overblijven@hotmail.com](mailto:penningmeester-overblijven@hotmail.com)

**Secretary** - Samantha van den Bossche

**General coordinator** - Gerrie van Gerwen

**Junior coordinator** - Khadija Boubri

**Lunchbreak telephone** (06-47374458)

