



## Student Wellness Policy Summary

The information below is a summary of the Lemoore Union Elementary School District's Wellness Policy.

- The LUESD recognizes the link between student health and learning and desires to provide a comprehensive program promoting healthy eating and physical activity for district students. The prevalence rate for obesity in adults in Kings County is estimated at 36.6%, which is approximately 35,000 people.
- **Daily Recess.** All transitional kindergarten students through sixth grade students will have at least 30 minutes a day of supervised recess, preferably outdoors, during which time staff should encourage moderate to vigorous physical activity.
- **Physical Education.** Students will spend at least 50 percent of physical education class time participating in moderate to vigorous physical activity.
- **Sharing of Foods and Beverages.** Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.
- **Consultation with health staff.** Classroom teachers must consult with the school health office at least one week in advance of class events in regards to student food allergies when food will be offered.
- **Celebrations.** All celebrations must comply with board policies including those regarding food allergies and special dietary needs.
  - Schools should limit celebrations that involve food during the school day. Class parties or celebrations shall be held after the lunch period, unless food is provided by the child nutrition department. Each party may include no more than one food or beverage that does not meet nutrition standards for foods and beverages.
  - All food items brought to school must have ingredient/nutrition labels in order to comply with the district Wellness Policy. **Parents/guardians must consult with the classroom teacher at least 10 days prior to the event in order to discuss bringing any food items to the classroom.** Food items need to be brought to the school office no later than 9:00am the day of the event.
  - *Food brought to school without prior approval from classroom teacher will not be accepted.*
- **Rewards.** Schools are discouraged from rewarding students with foods or beverages.
- **Fundraising Activities**
  - The Superintendent or designee shall encourage school organizations to use healthy food items or non-food items for fundraising purposes.

***\*Please refer to the district website or your school website for the full Student Wellness Plan.***

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