

Encinal School Wellness Guidelines

The intent of our school guidelines is to support Board Policy 5030 as required by federal law and state regulations. Encinal recognizes the link between student health and learning, and the following statements reflect our commitment to promoting healthy eating.

1. Class parties will be limited to four per year. They will include Halloween, winter, Valentine's Day and end of year celebrations. Food at class parties will include healthy selections and one sweet treat, such as a cookie. The focus will be on having fun, and not on food.
2. Teachers will not use candy or other sweets as a reward for students.
3. Food will not be served at student birthday celebrations. Teachers will decide how birthdays will be honored in their classrooms using nonfood items (birthday books, pencils etc.) and will communicate their plans and expectations both verbally and in writing at Back to School Night.
4. Any sale of food (other than hot lunch) will take place at least 30 minutes after the school day. Healthy choices will be offered.