

Students

Lunch/Recess for Elementary School Students: Grades 1 Through 4

The District believes that it is essential that elementary-aged students in grades 1 through 4 have a minimum of 20 minutes of seated lunchtime to provide students with sufficient time to eat lunch and enjoy socialization with their fellow students.

The District requires elementary-aged students in grades 1 through 4 to participate in a minimum of 20 minutes of recess each school day either directly before or directly after their lunch period. The recess period shall be outside, except in the case of extreme weather conditions, in a safe outdoor area with play equipment designated for that purpose. Recess shall be in addition to, and not a substitute for, physical education class. Recess shall be supervised but shall largely consist of unstructured play time. Scheduling shall be conducted at the school and classroom level.

Since the District believes it is important that students have both 20-minute seated lunchtime and a 20-minute outdoor recess, the lunch periods for all elementary schools will be a minimum of 45 minutes. The additional 5 minutes accounts for incidental time spent walking to the cafeteria, waiting in line to obtain a hot lunch, and time spent walking to and from the outdoor play area.

The Superintendent shall establish procedures to implement this policy

CROSS REF.: 6:50 (School Wellness)

ADOPTED: April 29, 2015