



# BLRA Wellness Policy

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Hello, Banning Lewis Ranch Academy Parents!

At BLRA student safety and success are our utmost priority! Please read the BLRA Wellness policy we have in place to care for all children at our school. We appreciate your help in making Banning Lewis Ranch Academy a safe and healthy place for students!

Sincerely,

Jordan Voltz

Principal, Banning Lewis Ranch Academy

## **Birthday Celebrations at Banning Lewis Ranch Academy**

At BLRA we love to celebrate student birthdays! In order to best maintain nutrition requirements, we will celebrate birthdays with non-food treats.

Parents may send children in with something fun to share with his or her friends. For birthdays, a child might bring in a small fun item for each classmate or he might bring in an idea for something easy and enjoyable to do for 10 minutes (ex. Read a favorite story) This will take place at the end of the instructional day. Any shared toys will be taken home that day, since toys are not allowed at school in general. Parents will notify the teacher, in advance, about a good date and time for celebrating your child's birthday at school, and please let the teacher know what you intend to provide for the celebration.

**BLRA Wellness Guidelines:**

- Students will have the opportunity for a minimum of 30 minutes per day of physical activity via recess, movement and exercise breaks during regular class time, and physical education class.
- Strenuous physical activity is not used as punishment. If students have not been safe, a few minutes of recess may be taken away. Students missing recess may either sit out or walk the “Think Track” during those minutes. The Think Track allows students to have movement if they would like, and we ask them to think about making safe choices as they walk.
- Students may bring snacks to school that meet the BLRA snack policy. **This includes no nuts or nut products, candy, or soda in the classrooms.** We encourage parents to provide healthy snacks.
- Students may pack lunches for school or purchase a school lunch. We encourage students to pack healthy lunches that will provide them the nourishment they need to learn all afternoon long! Nuts and nut products ARE allowed in the BLRA cafeteria. There is an allergy free table provided for students with allergies.

**Food provided within a classroom:**

- There will be four exempt party days per year at the elementary level. These themed parties are generally: Halloween, Winter Celebrations, Valentine’s Day, and the End-of-Year Parties. On these days, classroom teachers may allow food items for class parties that do not meet the nutrition guidelines. Healthy snacks will still be encouraged.

**Latex:**

- Please note: no latex balloons are allowed in the school building.