

## Wellness Policy Review July 2022

PK-2<sup>nd</sup> grade- 15 minute recess before school

15 Minute morning recess

45 minute lunch/ recess

3<sup>rd</sup> - 5<sup>th</sup> - 15 minute recess before school

45 minute lunch/ recess

Physical education 4x per week

MS/HS- physical education available for all grades

Extracurricular sports with no cuts

\*Soda machines removed except in teacher lounges

\*Food service staff trained as required by law.

*POS*  
*1-9-23*