

School Wellness Policy Attributes
“Recess Before Lunch”

District Name	BP/AR	Page #	Sentence
1. Bonsall Union		3	Require at least 20 minutes a day of supervised recess (recess does not count toward education minutes) for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity.
2. Cardiff Elementary		3	Schedule meal period at appropriate times (e.g., lunch between 11:00 a.m. and 1:00 p.m., lunch to follow recess in elementary schools) and allow adequate, uninterrupted periods for meals.
3. Chula Vista	BP 5030	4	Schools shall: <ul style="list-style-type: none"> • Require students to sit down and eat breakfast for at least 10 minutes and require students to sit down and eat lunch for at least 20 minutes before being released for recess activities. • When possible, suggest lunch periods follow lunch recess period
4. Encinitas Union	AR	b	Will be encouraged to schedule lunch periods to follow recess periods (in elementary schools)
5. Escondido Union	BP 5030	6	In elementary schools, lunch shall be scheduled after a morning recess whenever possible.
6. Julian Unified	BP 5030	2	Ensuring that all elementary school students will have at least 20 minutes per day of supervised recess.
7. La Mesa Spring Valley	AR	B h	<ul style="list-style-type: none"> • Encourage lunch periods to follow recess periods (in elementary schools) • Daily Recess All elementary school students should have at least 20 minutes a day of supervised recess, preferably outdoors, during which schools should encourage moderate to vigorous physical activity through the provision of space and equipment. The district encourages schools to schedule lunch recess before the designated lunch period.
8. Poway Unified	BP	6	Whenever possible, schedule lunch after recess in elementary schools to encourage students to consume their meals and return to class ready to learn. (CDE, School Nutrition – By Design)
9. San Ysidro	BP 5030	5	The District encourages schools to schedule lunch recess before the designated lunch period.

			<p><i>Previous Policy:</i> <i>The district shall:</i></p> <ul style="list-style-type: none"> • <i>Require supervised recess for all elementary students during which school staff shall encourage moderate-to-vigorous physical activity and provide students periodic breaks during extended periods of inactivity, e.g., mandatory testing sessions.</i> • <i>Schedule meal periods at appropriate times (e.g., lunch between 11:00 a.m. and 1:00 p.m., lunch to follow recess in elementary schools) and allow adequate, uninterrupted periods for meals.</i>
10. Albert Einstein Charter School		4	Lunch periods should be scheduled so that students do not have to eat lunch unusually early or late, and ideally, so that they come after periods of exercise and with sufficient time to eat.