P5405 specifically directs the superintendent, with advice from the Wellness Committee, to develop an administrative regulation that:

1. sets guidelines for fundraising activities selling food or beverages;
2. sets guidelines and standards for the frequency and content of classroom and school-wide celebrations where food and beverages are provided, and;
3. sets guidelines and standards for recess.

Fundraising Activities (involving food or beverages)
Fundraising groups are encouraged to seek other ways to raise money besides food options. All staff should keep the following guidelines in mind:

- High School - Fundraising at the HS should take place outside the instructional day; excluding homeroom and lunch.
- Middle School - Fundraising at the MS should take place outside the instructional day; excluding homeroom and lunch.
- Elementary - Fundraising at the elementary should take place outside the instructional day; excluding lunch.

School-side Celebrations (where food and beverages are provided)
All staff are asked to follow the following guidelines regarding school-wide celebrations involving food and/or beverages:

1. Please consider non-food items for celebrations.
   - Non-food ideas:
     a. Stickers
     b. Pencils
     c. Small toy
     d. Book marks

2. If food is brought to school for shared snacks, such as birthdays or holiday celebrations, please consider items that are healthy, store bought and packaged with ingredient labels. Be aware of any classmates with food allergies. Some healthy food ideas are listed below.

Healthy food ideas include:

a. Drinks:
   - 100% fruit juice
   - Cider
   - Water
b. Foods:
   - Popcorn
   - Fruits or vegetables with low-fat dip
   - Cheese and crackers
   - Cheese sticks
   - Dried fruit
   - Tortilla chips with salsa
- Pretzels
- Individual cups of jello or pudding
- Mini-muffins
- Low fat yogurt

Check with your child’s teacher for other ideas.

Smart Snacks in Schools Guidelines

Remember - The school cafeteria can provide the class with non-allergenic snacks for purchase.
(Ordering and menu information can be found on the district website under Food Services.)

Recess

The Burnt Hills-Ballston Lake Central School District believes that active students are better learners; therefore, we provide daily recess as an academic support for all students. Recess is a regularly scheduled period in the school day for physical activity and play that is monitored by trained staff. During recess, students are encouraged to be physically active and engaged with their peers in activities of their choice, at all grade levels, kindergarten through 12th grade. The benefits of students having recess are to: increase their level of physical activity, improve their memory, attention, and concentration, help them stay on-task in the classroom, reduce disruptive behavior in the classroom, and improve their social and emotional development (e.g., learning how to share and negotiate). All staff are asked to follow the following guidelines regarding recess:

Elementary - Whenever possible students should participate in daily recess, which, weather permitting, should be held outside.

Middle School - Whenever possible students should participate in daily recess, which, weather permitting, should be held outside.

High School - Whenever possible provide opportunities to be physically active before and/or after school.

Adopted June 2018