

Linda Vista Guidelines for Healthy Kids!

Good nutrition, physical activity, and adequate sleep are essential for every child's growth and development. The Linda Vista staff is dedicated to supporting students' health, well-being, and their ability to learn. We promote healthy habits for lifelong nutrition and fitness practices through our morning Walking Program, classroom instruction, excellent PE program, nutritious lunches, and active recess options.

We also support the "Wellness Policy" for Placentia Yorba Linda Unified School District as posted on the district web site, www.pylusd.org, under Family Resources and Nutrition Services. Tips for parents regarding healthy snacks and lunches are provided. The alarming increase of childhood obesity and diet-related illness is also shared on this site with a slide presentation by the nation's Center for Disease Control.

The American Academy of Pediatrics states that children need to receive adequate sleep for optimal health, and recommends the following:

Children ages 3-5 should receive 10-13 hours of sleep per 24 hours

Children ages 6-12 should receive 9-12 hours of sleep per 24 hours

Children who come to school without enough rest are more likely to be irritable, more susceptible to illness, respond impulsively, and have trouble learning.

Linda Vista staff makes every attempt to accommodate students with dietary needs. Each year there is an increasing number of students with allergies to nuts, wheat, dairy, food dyes, etc., or have dietary restrictions that include sugar, preservatives, or other specific foods. **This year, all food provided for classroom celebrations must be store bought and must contain a nutrition label.** This will allow our staff to take every precaution to ensure that all children's dietary restrictions and needs are met. If a student requires special considerations, please contact our office health clerk so a medical health plan may be on file.

In order to best meet the needs of all students, and to support healthy habits, we will no longer celebrate student birthdays with any food items. This revised practice keeps us aligned with the district's "Wellness Policy." Classes will continue to honor each child on their special day in a variety of ways, such as singing, having a special privilege, wearing a crown, giving cards, etc. Student birthdays will also be announced on our Live Video Broadcast each morning. We do not want to diminish the fun of celebrating a birthday with classmates, but bringing class snacks or treats will no longer be allowed. Thank you for supporting our efforts for a healthy environment for all.