

Effective 1/24/2023

JCE Snack Policy

The purpose of a snack is to provide brain energy and stop young bellies from grumbling so students can focus and benefit from instruction. Snacks include but are not limited to small servings of fruit, crackers, granola bars, etc..

Candy is not considered a snack but may be allowed as a teacher reward at the end of the school day or during celebrations at teacher discretion. Candy provides high levels of sugar, which may increase lack of focus and excessive physical energy followed by a sugar crash. Candy also acts as a distraction in the classroom when other students are focused on the candy. Having said that, the only exceptions are peppermints. There is research showing that the smell and/or taste of peppermint can have profound effects on cognitive function. Peppermint boosts reasoning, problem solving, memory and attention span. Students bringing candy as a snack will be asked to place it in their backpacks. Thank you for supporting this policy and our teachers.