

## **Wellness Policy Amendments for Jasper Elementary School:**

Jasper Elementary School adheres to the NEOLA Wellness Policy set forth by the corporation. We are an Upgrade School and will add the following expectations to our Jasper Elementary School Policy, while still abiding by the Greater Jasper Wellness Policy.

**Active Recess-**Jasper Elementary will offer several opportunities for students to be active during outdoor recess. Students will have a choice between the playground, tag, walking on a designated path, basketball, soccer, kickball, two-square, four-square, hopscotch, and more.

**Healthy Snacks-**Snacks brought to school will comply with the Health Snack List that parents and students receive at the beginning of the year. This includes daily snacks, lunches, and special days. Birthday Menus will be implemented for student birthdays as an alternative to junk food.

**Water in the Classrooms-** We want our students to always have access to water throughout the day. Students will be expected to bring water bottles to school to keep at their desks. Water bottle guidelines must be followed.

**Brain Breaks/Mindful Minutes-** Teachers will make time in their daily schedules to engage the students in calming strategies or physical activity throughout the day. The teacher is given the freedom to tailor this to their individual classroom, whether it be brain breaks with physical activity or resilience education to teach students breathing techniques.