

**Bath County School District
Crossroads Elementary School
School-Based Decision Making Policy**

Council Policy Type (Check one)

 By-Laws (Council Operational Policies)

 X **Function (School Operational Policies)**

Policy Number

11-09

Policy Topic Description

Wellness

Policy Statement

- Each student shall participate in physical education class for an average of at least 90 minutes each week.
- Each student shall have at least 15 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. The school shall provide space and equipment to make that activity possible and interesting to students.
- Teachers shall make all reasonable efforts to avoid periods of more than forty minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. Students should be given periodic breaks during which they are encouraged to stand and be moderately active.
- Students shall not be deprived of recess or other physical activity as a consequence for behavior or academic performance. Students who lose their recess shall participate in a supervised alternative recess, which shall consist of a continuous, slow-paced walk around the fenced in area.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- Crossroads Elementary School shall assess students' level of physical activity at least once a year. The physical education teacher shall assess the physical activity level of students at the beginning (by October 30) and end of each school year (by May 15). The results shall be reported within a month, (20 days of school), of each assessment to the school council.

Crossroads Elementary School shall encourage healthy choices among students using the following methods:

- Crossroads Elementary School shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
- Our Practical Living curriculum shall address the Core Content – including health, consumerism, and physical education.
- The rest of our curriculum shall reflect an integrated concern for wellness – including connections to Science, Social Studies, and other subjects.
- Teachers are encouraged to eliminate giving incentives of candy treats to students.
- To foster healthy eating habits – students shall not be permitted to drink pop for breakfast or lunch.
- Parents are encouraged to bring nutritional individually wrapped snacks for classroom events.

Date Adopted February 9, 2011

Signature Lisa Linam

Council Chairperson

Date Revised/ Updated/ Amended _____