



John W. Reiley Elementary School

SBDM Policy

Health and Wellness

Legally Required Policy

Additional Policy Topic

Our Students

All students shall participate in moderate to vigorous physical activity each day as follows:

- Each full time student shall have at least **15** minutes a day of supervised physical activity, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity. The school shall provide space and equipment to make that activity possible and appealing to students.
- On days when going outdoors is not possible, full time students shall engage in a physical activity.
- Each full time student will participate in physical education class at least one time per week. To ensure maximum physical education time per week, the school scheduling committee will review the master schedule on an annual basis.
- Some behavior and academic parties/reinforcers should be physical in nature. Reward parties could include playground activities or outdoor parties.

Our school will use an annual physical fitness test to assess our students' level of physical fitness.

Our school shall encourage healthy choices among our students using the following methods:

- Our 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.
- We will participate in a school wide activity each year to encourage our student to eat fruits and vegetables.
- Water bottles will be encouraged and allowed in all classrooms.
- Healthy snacks or treats will be encouraged at school events.
- A list of healthy snacks and treats will be distributed to parents as a suggestion for birthday or anytime treats. The snacks will be individually wrapped/store bought treats for the safety of the students.

Faculty and Staff

- Staff will be encouraged to develop personal fitness and nutrition goals which will be recognized and celebrated.

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local school board policy. If any specific requirement above does not fit with those rules, the principal shall notify the committee so the policy can be amended to fit.

The principal shall share this policy with the Kentucky Department of Education when KDE asks for this information.

First Reading: 6-3-09

Second Reading: 7-7-09

Adoption: 7-7-09

Revised: 11-14-16

_____ (Council Chairperson)

Reiley Elementary's Healthy Snack Guide

In an effort to provide our students with safe and healthy snacks, Reiley Elementary requires all treats to be individually wrapped, purchased from a store, and preferably lower in sugar and fat. Please send in plastic spoons or forks if needed for a particular snack. Snacks should come ready to serve. Teachers reserve the right to make adjustments for classroom parties. Below is a list from A to Z that can help give you some ideas of appropriate items:

Applesauce, apple slices, apricots, animal crackers

Bananas, blueberries

Cantaloupe, carrots, celery, cucumbers, cheese and cheese cubes, cheese and crackers

Dried cereal, dried fruit chips

Eggs (hard-boiled)

Fresh fruit, fig cookies, frozen fruit bars, fruit kabobs, fruit snacks

Graham crackers, granola bars, grapes, goldfish crackers, Gogurt, grape tomatoes

Honeydew melon

Ice cream cups (low-fat)

Jello cups

Kiwi fruit

Low-fat pudding, low-fat cookies

Muffins (low-fat)

Nectarines

Orange wedges

Peaches, pretzels, pineapple

Quick carrot sticks

Rice Krispy Treats, raisins, rice cakes

Strawberries, string cheese

Trail mix, tortilla wraps

Unbuttered popcorn

Vegetables, vanilla wafers

Watermelon

eXciting fruits and vegetables

Yogurt

Zesty crackers, zucchini slices