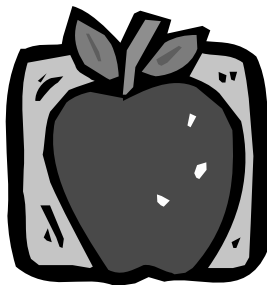


WELLNESS POLICY

(Legally required for kindergarten through 5th grade.)



PHYSICAL ACTIVITY PLAN

William Wells Brown Elementary School is committed to the overall wellness of each member of our educational community. To ensure this, we shall see that all students participate in moderate to vigorous physical activity each day as follows:

1. Each teacher shall allow time for each student to engage in at least 15 minutes of planned moderate to vigorous physical activity outside of recess to be integrated throughout the school day. The arrangements and staffing must fit within the limits of the building and are compatible with our school improvement plan. Activities can include, but are not limited to:
 - Fitness Five Exercise (physical activity breaks during instruction)
 - Take Ten Exercise Program
 - Homeroom Movements (classroom core content through dance, games, sports, etc.)
 - Homeroom Campus Fitness Walk (instruction in math, science, social studies, etc.)
 - Gonoodle.com Exercise Activities
2. Each student shall participate in physical education classes once every specials rotation. Physical education shall be taught by a state certified health and physical education instructor. Students will receive health education and physical education during each PE class.
3. Each student shall have at least 20 minutes a day including travel time to and from of supervised recess. School staff shall verbally encourage moderate to vigorous physical activity. Weather permitting, recess will occur outdoors as often as possible and teachers will encourage the students verbally to engage in moderate to vigorous physical activity. The school will provide space and equipment to make that activity possible and appealing to students.
4. Teachers shall make all reasonable efforts to avoid periods of more than 40 minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encouraged to stand or move in some way.
5. Student shall not be deprived of PE class, recess, or other physical activity as a consequence for behavior or academic performance. Rather than free play, teachers may select appropriate physical activity for students.

6. Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

HEALTHY CHOICE PLAN

William Wells Brown Elementary School staff shall encourage healthy choices among students using the following methods:

1. Implement the Practical Living Core Standards including health, careers, consumerism, and physical education.
2. Implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food beverages available during the school day.
3. Students are not permitted to share food. (E.g. breakfast and lunch from home, cafeteria, restaurants, etc.)
4. Only in rare occasions should foods and drinks high in fat and sugar or salt be made available to students.
5. No outside fast food, restaurant food, soda, etc. can be brought into the school for students.

(Exceptions: birthday treats and food for parties or instructional purposes must be store or restaurant bought.

ASSESSMENT TOOL

We will assess students' level of physical activity and physical fitness at least once a year using the following procedures:

1. Once per year an assessment tool will be used to evaluate students BMI in the school clinic as requested by the parent/guardian.

POLICY IMPLEMENTATION

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

The principal will share this policy with the Kentucky Department of Education upon request for this information.

POLICY EVALUATION

A Coordinated School Health committee will collect and analyze data in order to recommend adjustments to the wellness policy.

The council will evaluate the effectiveness of this policy based on the feedback from Coordinated School Health committee and through our annual School Improvement Planning Process.

Date Adopted: May 18, 2016

Date Reviewed or Revised: _____ Council Chairperson's Initials _____

Date Reviewed or Revised: _____ Council Chairperson's Initials _____

SBDM LAW on Wellness Policy

Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes per day, or one hundred and fifty (150) minutes per week. Each school council, or if there is no school council, the principal, shall adopt an assessment tool to determine each child's level of physical activity on an annual basis. The council or principal may utilize an existing assessment program. The Kentucky Department of Education shall make available a list of available resources to carry out the provisions of this subsection. The department shall report to the Legislative Research Commission no later than November 1 of each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided. The policy developed by the school council or principal shall comply with provisions required by federal law, state law, or local board policy.

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