

Meece Middle School's HEALTH AND WELLNESS POLICY (including Elementary Schools) (KRS 160.345 (11))

Purpose:

The Meece Middle School's Health and Wellness Policy ensures that all students have opportunities to integrate more physical activity and encourages students to make healthy choices daily.

Procedures:

Meece Middle School will create positive experiences with physical activity for students by providing opportunities for students to have up to twenty (20) minutes per day (elementary only) and or fifty (50) minutes (all grades) of physical activity per week. Select teachers (i.e. PLVS, PE) will provide planned, sequential instruction that promotes lifelong physical activity. The instruction is designed to develop basic movement skills, lifelong sports skills, and physical fitness as well as to enhance mental, social, and emotional abilities.

1. Each student will participate in physical education classes once a week.
2. Each student will have at least 20 minutes (elementary only) of supervised recess. The school shall provide the space and equipment. Teachers will not be allowed to deprive students of recess or other physical activity on a normal occurrence as a consequence for inappropriate behavior.
3. Teachers will make all practical efforts to avoid periods of more than 30 minutes when students are physically inactive (take a moment to stand, stretch, walk around the room, play mental games, etc for a minute or two and then return to delivering specific content)
4. Accommodations and adaptations will be made for students with special needs.
5. The PLVS and PE teachers will implement a healthy choice curriculum/ program by reviewing the nutritional standards on a regular basis. Food or candy that doesn't meet the national nutritional standards will not normally be used as a reward for the students.
6. While delivering core content that KDE requires students to know and requires teachers to deliver, all teachers are encouraged to promote and implement daily activities (outside breaks, walks, incorporating healthy habits into their daily classes, etc) and healthy choices that will enhance the student's overall health and wellbeing.

Meece Middle School (all students) will adopt the physical education assessment tool (Physical Wellness Plan administered in our PE class) to assess the physical activity program at the school. The tool must:

1. Assess how closely the physical education curriculum aligns with state and national standards for high quality physical education standards.
2. Analyzes the content and components of the physical education curriculum.
3. Assists in identifying changes that are needed in physical education curriculum.

Evaluation:

The school council shall review annually (by June of each school year) the school's Physical Education Assessment Tool (Physical Wellness Plan) the level of student activity and the compiled data from the school's assessment tool. The data shall be included as part of the comprehensive school's improvement plan (CSIP).

POLICY EVALUATION

Date Adopted: 9/22/15

Date Reviewed or Revised (1st Reading): 07/19/2022
Date Reviewed or Revised (2nd Reading): 08/16/2022

Council Chairperson's Initials: DRC
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