

Fulton County Elementary/Middle School

Policy #2.13

Required Policy

SISI Standards

Policy Creation Date: September 2005

Policy Revision Date: July 2008/March 2011/January 2016

Policy Review Date: July 2008

WELLNESS

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

- Each student shall engage in at least 15 minutes of planned moderate to vigorous physical activity each day. By implementing the Take 10 Program and/or IMIL (I'm Moving, I'm Learning) each teacher can integrate at least 20 minutes of physical activity into daily lessons. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
- Each student shall participate in physical education class at least one hour per week.
- Each elementary student shall have at least 20 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 appealing to students.
- Teachers shall make all reasonable efforts to avoid periods of more than forty minutes when students are physically inactive. By implementing the Take 10 Program, physical activity can be integrated into learning activities. When that is not possible, 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.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

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

- Our school shall abide by 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 full Core Content, including health, consumerism, and physical education. The County Extension Agent can also be contacted to provide appropriate grade level programs.

- Our school shall encourage healthy snacks for parties, snack-time, and after school activities. Outside foods not provided by the school are encouraged to meet healthy food guidelines. These guidelines will be listed on the school website.
- The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.

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