

Policy15. Wellness

I. Physical Activity Plan

If possible, all students will participate in moderate to vigorous physical activity each day, as follows:

- A. Each student will participate in physical education class once during their term at FCHS.
- B. Each student will be made aware of extra-curricular opportunities to participate in athletics.
- C. Teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and move in some form.
- D. Students will not be deprived of physical activity as a consequence for behavior or academic performance.
- E. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

I. Healthy Choice Plans

- A. We will encourage healthy choices among students using the following methods:
 - 1. Implementing the nutritional standards required by federal and state laws and regulations, which apply to our food program and to other food and beverages available during the school day.
 - 2. Implementing a practical living curriculum which addresses the standards for health education, physical education, and consumerism.
 - 3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.

II. Policy Implementation

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

Date Adopted: November 17, 2015

Date Reviewed or Revised: _____

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