



Menifee County High School
WELLNESS POLICY

PHYSICAL ACTIVITY PLAN

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

1. When feasible, each student may engage in at least 15 minutes of planned moderate to vigorous physical activity each day. With input from the staff, the principal (or principal designee) will work out how this will be implemented. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
2. Teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are 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.
3. Students will not be deprived of physical activity as a consequence for behavior or academic performance.
4. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

HEALTHY CHOICE PLAN

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. (A Coordinated School Health education, physical education, and consumerism.

ASSESSMENT TOOL

We will assess students' level of physical activity and physical fitness when feasible using the following procedures:

1. The principal (or principal designee), with collaboration from teachers, will select an assessment tool. Once the council has adopted a tool, it will remain in use unless the principal (or principal designee) recommends a change.
2. The principal (or principal designee) will develop a schedule for completing the assessment during the last month of school.
3. The council in coordination with the wellness committee will discuss the results of the report and decide if appropriate wellness goals are included in the school improvement plan or if they need to be added or revised.



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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/PROGRAM EVALUATION

A Coordinated School Health (Wellness) Committee will collect and analyze data in order to

- Recommend adjustments to the wellness policy
- Help ensure quality health education instruction throughout the school environment.
- Help ensure time allocated daily for physical activity/movement opportunities throughout the school environment.

The council will evaluate the effectiveness of this policy based on the feedback from the Coordinated School Health (Wellness) Committee and through our annual school improvement planning process.

ADOPTED/APPROVED: 1st Reading = February 18, 2016; 2nd Reading = March 8, 2016

REVIEWED: 8/8/2017; 4/8/2019; 5/14/2020; 9/09/2020; 9/14/2021; **1/26/2023**

Principal

Council Member

Council Member

Council Member

Council Member

Council Member