21. <u>WELLNESS POLICY</u> (9/21/26)

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

- Students will attend Physical Education once each week for 45 minutes.
- Each student will engage in up to 15 minutes of planned moderate to vigorous physical activity each day. With input from the teachers and the staff, the principal will determine how this activity will be handled. Possible options could include Go Noodle, open gym, planned exercise programs and recess if the entire class participates. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
- Students can earn up to 15 additional minutes a day of supervised play, preferably outdoors, during which 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.
- Outdoor play will always be the first option for supervised play. However, sometimes weather conditions prevent outdoor play. The OUTDOOR RECESS TEMPERATURE GUIDELINES are
    - Wind Chill ("Feels Like") of 32 degrees or less - Indoor Recess
    - Wind Chill ("Feels Like") of 33 degrees or above - Outdoor Recess, but may reduce time
    - Heat Index ("Feels Like") of 95-99 degrees - Outdoor Recess with reduced time
    - Heat Index ("Feels Like") of 100 degrees or more - Indoor Recess
- Teachers shall make all reasonable efforts to avoid periods of more than forty 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 and be moderately active.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

- Our school shall assess students' levels of physical activity at least once per year. The council shall select an assessment tool by the start of each school year and the principal shall develop a schedule for completing that assessment.
- The PE teacher will be responsible for implementing the President's Challenge for Physical Fitness or equivalent.
- Our school shall encourage healthy choices among students using the following methods:
    - Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages purchased throughout the day.
    - Our Practical Living Curriculum shall follow current standards in health, consumerism, and physical education.
    - 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, and 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.
    - The principal shall share this policy with the KY Department of Education when it is requested.