

Northside Wellness Policy

Northside Elementary shall have a Wellness Committee which exists to promote and monitor wellness programs within the school as follows:

- Northside Wellness Committee shall meet at least 4 times per year.
- The Wellness Committee shall report to the District Wellness Committee at least one time per year.
- The Wellness Committee shall focus on physical activity and healthy choices, including nutritional and mental wellness.
- The Wellness Committee shall review the school's Action Plan at least one time per year.

All Northside Elementary School students shall participate in moderate to vigorous physical activity as follows:

- Each student shall participate in physical education class for a minimum of 50 minutes per week.
- Each student shall have mandatory 20 minutes of daily planned recreation preferably outdoors, during which the school staff shall verbally encourage moderate to vigorous physical activity.
- The school shall provide space and equipment to make recreation time appealing to students.
- Teachers shall make all reasonable efforts to avoid periods of 60 minutes or longer where students are physically inactive. When possible, physical activity shall be integrated into learning activities. Students shall be given periodic breaks which they are encouraged to stand and be moderately active.
- Teachers shall not use recreation time for classwork.
- Teachers shall make every reasonable effort to avoid using planned recreation time as a consequence for behavior or school work performance. When loss of recreation time is used as a consequence for behavior, students will be engaged in alternate physical activity such as walking.

- Repeated offenses shall result in parent/teacher conferences.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

Northside Elementary School shall encourage healthy choices among students using the following methods:

- NSE shall implement the nutritional standards required by federal and states laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
- NSE prohibits outside food and drinks from restaurants brought in to the cafeteria during lunch periods.
- NSE Practical Living curriculum shall address the full Core Content, including 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.
- Teachers are encouraged to use special activities or privileges as rewards instead of food items.
- Teachers are encouraged to reduce the amount of unhealthy foods brought in to the classroom such as cupcakes by having monthly birthday celebrations.
- Healthy food choices must be offered at classroom parties and school events.

Northside Elementary shall promote positive mental health among staff and students using the following methods:

- Student shall have guidance class for 30 minutes bi-weekly.
- Student shall participate in small and large guidance sessions as needed.
- Teachers are encouraged to incorporate “quiet” or “meditation” time into the daily schedule to help students re-focus and relax.

