

Simmons' Wellness Policy

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

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

Simmons Elementary shall encourage physical activity each day as follows:

- Each student will participate in physical education for a minimum of 55 minutes per week.
- Each student will have at least 20 minutes per day of supervised recess time, preferably outdoor, during which the teacher shall encourage moderate to vigorous physical activity.
- Class work time cannot be used as replacement for recess time.
- Students shall not be deprived of physical activity as a consequence for behavior or academic performance. If punishment is needed, walking will be substituted.
- Teachers are encouraged to promote physical activity within learning activities in the classroom. Sitting for longer than 60 minutes without a physical break is discouraged.
- Appropriate accommodations shall be made for students with special needs to promote safe and appropriate physical activity.

Simmons Elementary shall assess students' level of physical activity at least once a year as follows:

- The physical education teacher will be responsible for developing and administering an annual assessment for each student as documented in lesson plans.
- The physical education teacher will share the assessment tool and fitness date with the Wellness Committee.

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

- Simmons Elementary shall implement the nutritional standards as required by federal and state laws and regulations.
- Simmons Elementary prohibits restaurant/fast food and soft drinks brought into the school during lunch periods.
- Our Practical Living curriculum shall address the full Core Content, including Health, Consumerism and Physical Education.
- Teachers are encouraged to reward students with non-food items such as special activities or privileges.
- Healthy food choices shall be included in classroom parties and school events.
- Healthy choices shall be promoted throughout the school year using various methods including family fun nights and Wellness Week.
- Students will be prohibited from bringing soda to school.

Simmons Elementary will promote Mental/Social Emotional Wellness as follows:

- All teachers will include character education through their regular instruction. Zones of Regulation and Second Steps lessons will be followed as indicated by the Curriculum Map. Teachers will encourage and promote Character in Action program.
- Guidance classes will occur a minimum of monthly. If a need arises, this will happen more frequently.
- Guidance counselor will facilitate individual and small group guidance sessions on a regular basis in order to promote individualized social skill needs.

1st Read - November 16, 2017

2nd Read - January 25, 2018

Adopted - January 25, 2018