

## **Southside Elementary: Wellness Policy**

### **PHYSICAL ACTIVITY PLAN**

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

1. Each student shall engage in at least 15 minutes of planned moderate to vigorous physical activity each day. Examples include word wall movement activities, GONOODLE, *Take 10*.
2. Each student shall participate in physical education class at least twice per week for a minimum total of at least 50 minutes per week.
3. Each student shall have at least 20 minutes a day of supervised wellness time (recess), preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. Southside Elementary School shall provide space and equipment to make activity possible and appealing to students.
4. Students shall not be deprived of wellness time or other physical activity as a consequence for behavior or academic performance. However, students may be directed to a designated alternative physical activity such as walking laps. This section does not apply to “extra” wellness time incentives that teachers might employ.
5. Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgement.
6. Southside Elementary School shall assess 3<sup>rd</sup> -5<sup>th</sup> grade students’ level of physical activity at least once a year using Fitnessgram Fitness Tests.

### **HEALTHY CHOICE PLAN**

We encourage healthy choices among students using the following methods:

1. Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to the food program and to other food and beverages 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 committee will provide assistance on the integration of health education and physical education instruction throughout the school environment.

### **GUIDELINES FOR FOOD OUTSIDE THE CAFETERIA**

To promote healthy nutrition in our school we suggest to parents that they bring non-food items for birthdays. If food items are brought in, we need to know **3 days in advance** of the food coming in and what store-bought food item the parent will be sending or bringing in. In particular, peanut or nut allergies are the most common and life threatening food allergies, so **we ask that parents NOT send in anything that contains peanut, cashews, almonds, pecans, walnuts, or macadamia nuts. All food items must be store-bought.**

### **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 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 Committee and through our annual school improvement planning process.