

# MAURICE BOWLING MIDDLE SCHOOL

## Wellness Policy

### POLICY STATEMENT

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- Each student shall participate in Physical Education as allowed through the master schedule.
- Each student in 5<sup>th</sup> grade shall have a minimum of 15 minutes, not to exceed 30 minutes, per day of supervised moderate to vigorous physical activity each day, during which school staff shall encourage moderate to vigorous physical activity verbally. The school shall provide adequate space and equipment to make such activity possible and appealing to students.
- Teachers shall make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students shall be given periodic breaks during which they are encouraged to stand and be moderately active.
- Each student shall be exposed to the entire PL/VS curriculum including health, nutrition, and consumerism as allowed through the master schedule.
- Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.
- Our school shall implement the nutritional standards required by federal and state laws and regulations.

### HEALTHY CHOICE PLAN

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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.

### **Principal's Role**

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The principal (or principal designee) shall:

1. Support a schedule that allows for required physical activity.
2. Monitor requirements of policy to ensure it meets federal and state guidelines.
3. Report the results of the wellness assessment, including the BMI percentile data to the council annually.

### **Council Role**

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The Council shall:

1. Support a schedule allowing for PL/VS Curriculum and Physical Education.
2. Monitor requirements of the policy as required by law.
3. Discuss results of report and decide if wellness goals need to be added or revised in CSIP

### **Assessment Tool**

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Our Physical Education teacher shall assess students' overall health and fitness level using the assessment tool *FITNESSGRAM*, measuring body composition, muscular strength/endurance, cardio-respiratory endurance, and flexibility at least once a year. Those findings will be used to monitor students as they progress from grades 5-8.

### **POLICY EVALUATION**

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School Program Review and CSIP will support and serve as document of the actions of the above policy

A Coordinated School Health Committee will collect and analyze data in order to recommend adjustments to the wellness policy.

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

Date Adopted: 5-12-14\_\_

Date Reviewed or Revised: 1<sup>st</sup> Reading 4-8-14      Chairperson's Initials: \_\_\_\_\_ DG \_\_\_\_\_

Date Reviewed or Revised:                      Chairperson's Initials: \_\_\_\_\_