

Wellness 17.0

Owen County Elementary School
School Based Decision Making (SBDM) Council

Policy Number: 17.0

Policy Area: Wellness

Policy Title: **Wellness Policy**

Policy Statement: (Student Wellness)

Owen County Elementary School shall implement a Wellness Policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. In addition, an assessment tool to determine each child's physical activity, shall be adopted on an annual basis (KRS 160.345).

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

- A. Each student shall participate in physical education class at the minimum of once per week.
- B. Students shall have the opportunity for at least twenty minutes a day of supervised physical activity, preferably outdoors, during which the school staff shall verbally encourage moderate to vigorous physical activity.
- C. 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.
- D. Appropriate accommodations shall be made for students with special needs, as required by law.
- E. Owen County Elementary School shall assess students' level of physical activity at least once each year in the spring. The council shall select an assessment tool by the start of the school year, the principal shall develop a schedule for completing the assessment, and the physical education teacher shall be responsible for the survey.

Owen County Elementary 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 in the cafeteria.

- A. Our school's vending machines will not be made available to the students during the school day.
- B. Our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.
- C. The Family Resource Center will communicate with parents throughout the year concerning health and wellness issues for students.

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The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy. If any specific requirement above does not fit with those rules, the principal shall notify the council so that the policy can be amended.

The principal shall share this policy with the Kentucky Department of Education when asked for the documentation.

Policy Statement (Staff Wellness)

Employees will have the opportunity to improve their health status through activities such as health assessments, health education, and health-related fitness activities coordinated by the Family Resource Center. These opportunities will encourage school staff to pursue a healthy lifestyle that contributes to their improved health status, improved morale, and a greater personal commitment to the school's overall coordinated health program.

Policy Evaluation

The effectiveness of this policy will be evaluated through our School Improvement Planning Process.

Date of First Reading: 5/6/14 Date of Second Reading: 6/3/14

Date Adopted: 6/3/14

Signature: SBDM Council Chairperson _____

Signature: SBDM Council Vice-Chair _____

Date Reviewed or Revised: _____