

# WELLNESS POLICY

## Stonewall Elementary School

In order to comply with Senate Bill 172, Stonewall Elementary School will implement the following procedures to ensure and provide for the continued wellness of all students by:

1. Providing Physical Education instruction once per special class rotation.
2. Providing supervised mild to vigorous physical activity, outside on days when possible or inside when required by weather, for at least 20 minutes daily.
3. Ensuring that no student is denied physical activity (recess) as a consequence for behavioral or academic reasons unless previously arranged and approved by the principal or his/her designee. The designee will be the counselor, PSA, or PGES Coach.
4. Providing appropriate and alternative physical activities for students with special needs, as required.
5. Making reasonable efforts to avoid periods of 30 minutes or more, when students are physically inactive without breaks during instruction.
6. Creating and implementing Wellness Activities, which promote movement, to be used during classroom breaks. The Physical Education teacher will be a resource for these activities which may include the following: indoor exercise, exercise videos, Take 10 Program, a walking program, dancing, movement breaks, etc.
7. Implementing all of the nutritional standards required by local, state and federal regulations, including policies of the Fayette County Board of Education.
8. Selling snacks that fit the district, state and federal dietary guidelines.
9. Discouraging candy and soda products as rewards.
10. Encouraging special activities, privileges or healthy food choices ( i.e. pretzels, granola, 100% juice, crackers, etc.), as well as non-food choices, for rewards.
11. Encouraging parents, through newsletters, to send healthy snacks and lunches, as well as for birthday celebrations and classroom parties.

12. Ensuring that all students are exposed to Practical Living/Career Studies,  
as outlined by Fayette County Public Schools.

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Adopted: 1-31-06

Amended: 2-18-14