

ARLINGTON ELEMENTARY SCHOOL
School Council Policy

POLICY

POLICY TOPIC DESCRIPTION

SISI Standard
Wellness Policy

POLICY INTENT

This policy describes the policies and procedures regarding student participation in moderate to vigorous physical activity and encouraging healthy choices.

POLICY STATEMENTS

1. Each teacher shall allow time for each student who is physically capable to engage in 30 cumulative minutes of supervised moderate to vigorous physical activity during the instructional day.
2. A portion of the activity shall be conducted outdoors unless there is inclement weather.
3. The school shall provide space and equipment to make physical activity possible and appealing to students.
4. Instructional activities may include, but are not limited to the following:
 - Outdoor physical activities (dance, games, sports, etc)
 - Walking on the walking path
 - Core Content Movement Integration (word wall aerobics, etc)
 - Transition Locomotion
5. Each student shall participate in physical education class according to the school wide rotation schedule for special area classes. Physical Education must be taught by a state certified health and physical education instructor.
6. Teachers shall integrate physical activity into learning activities whenever possible.

7. Teachers shall not remove recess as a consequence for misbehavior, but may modify the type of physical activity in which the student participates during the recess time.
8. Appropriate accommodations shall be made for special needs, as required by law and sound professional judgment.
9. Arlington's Practical Living Specialist/Physical Education teacher shall assess students' level of physical fitness each year.
10. Arlington's Practical Living curriculum shall address the Program of Studies, including health, consumerism, and physical education. The rest of our curriculum shall reflect an integrated concern for wellness, including connections to science, social studies, nutrition education, and other subjects.
11. Restaurant food and soft drink are strongly discouraged from being brought into the cafeteria or served to students during lunch periods.
12. In order to prevent unintentional allergic reactions that students may have, ALL special treats (birthday cupcakes, etc) sent in by families or outside entities must be accompanied by a detailed ingredient list (or recipe), and distributed at the end or after the students' lunch period.
13. The wellness of students shall be aligned with state and district policies. Subsequent amendments to the state and district policies shall become effective immediately upon approval by the Board.

Date Adopted _____ Signature: _____
Council Chairperson