

**Squires Elementary School  
Lexington, Kentucky**

**Policy Number: 1.6  
Wellness Policy**

Our school shall monitor students' level of physical activity frequently throughout the school year. The council shall select a monitoring tool by the start of the school year, and the principal shall develop a schedule for completing that assignment.

- Each student shall participate in Fitness and Wellness class 60 minutes per week.
- Each student will have at least 20 minutes a day of supervised recess (physical activity), preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity. The school shall provide space and equipment to make that activity possible and appealing to students. In the event of inclement weather, the teacher shall provide an indoor guided movement experience for the students.
- 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.
- Students shall not be deprived of recess or other physical activity as a consequence for behavior or academic performance.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

Our 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. Those rules apply to our food program and to other food and beverages available during the school day.
- Our Practical Living curriculum shall address the Program of Studies for health, consumerism, and physical education.
- The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.

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 revised.

The principal shall share this policy with the Kentucky Department of Education when KDE asks for this information.

This policy shall be consistent with the applicable indicators from the Standards and Indicators for School Improvement.

Revised: 10/6/08, 1/12/15, 11/6/17