

Veterans Park Elementary School

WELLNESS POLICY

I. Physical Activity

A. Veterans Park Elementary School students shall participate in physical activity as follows:

1. Each teacher shall allow time for each student to have 20 minutes supervised daily recess. Unless there is inclement weather as defined by the FCPS weather guidelines for outdoor activities, recess shall be conducted outdoors. School staff shall verbally encourage moderate to vigorous physical activity. The school shall provide space and equipment to make physical activity possible and appealing to students. Students will not be deprived of recess or other physical activity as a consequence for behavior or academic performance.

2. In addition, each teacher shall allow time for each student to engage in planned moderate to vigorous physical activity during instructional tasks each day.

3. Teachers shall make all reasonable efforts to avoid periods of more than 30 minutes in which 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 be moderately or vigorously active.

4. Each student shall participate in physical education class two times within the specials rotation for a total of 50 minutes. Physical education shall be taught by a state certified health and physical education instructor.

5. Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

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B. Veterans Park Elementary School shall assess students' level of physical fitness twice per year. The physical education teacher will be responsible for recommending an assessment tool to the Council. The assessment tool that is chosen shall remain in effect until a change is recommended.

II. Healthy Choices Plan

A. Veterans Park Elementary School shall encourage healthy choices among students using the following methods:

1. Veterans Park Elementary School's Practical Living curriculum shall address the full Core Content, including 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.

2. Veterans Park Elementary 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.

3. The cafeteria staff will not deep fry foods on site. Pre-fried foods will be served no more than twice a week and only 1 item per day. The cafeteria staff will use cooking methods and ingredients (egg whites, whole wheat flour, etc.) that will reduce the amount of fat, sugar, and salt in the food. The cafeteria staff will offer water, 100% fruit juices, 1% milk and skim milk.

4. The cafeteria staff will request that the Fayette County Public Schools Division of Food Service design menus that are low in fat, sugar, and salt.

5. Veterans Park Elementary School will not allow restaurant food and/or soft drinks to be brought into the cafeteria or served to students during lunch periods.

6. Student performance shall be rewarded with praise, privileges, special

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activities, and objects. Only in rare instances should food or drink be used as a reward.

7. Teachers shall encourage students to drink water first along with other healthy foods for special events. Only on rare occasions should foods and drinks high in fat, sugar, or salt be made available to students.

8. Food treats will not be permitted during the school day (including but not limited to doughnuts, cookies, cupcakes, and cakes for birthdays). Extenuating circumstances must be approved by the principal.

9. In order to not interfere with students' appetites, morning snacks shall be distributed at least 90 minutes prior to lunch. Snack is an individual classroom decision and must be provided by the student. Participation in snack time is a classroom teacher decision. All food must be provided by the individual families or VPE Family Resource Center. Families should be encouraged to send foods and drinks that are low in fat, sugar, and salt.

10. Parents of children that bring their lunch from home should be encouraged to prepare meals that are low in fat, sugar, and salt.

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

III. Screenings

A. Yearly hearing and vision screenings will be conducted for students in alignment with district best practices. Parents and staff may also request additional screenings if a need is identified.

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