



# Liberty Elementary Wellness Policy

**\*For Kindergarten to Grade 5 Students.** Liberty Elementary School believes that good student health and nutrition contribute to higher student achievement. We further believe that the school has an obligation to

teach students about healthy eating and physical fitness, as well as to provide a school environment that encourages students to live a healthy lifestyle.

## Physical Activity Plan

**All students will participate in moderate to vigorous physical activity each day as follows:**

1. In addition to recess, each student will engage in at least **15 minutes** of planned moderate to vigorous physical activity each day. This can be accomplished in five minute increments throughout the day. With input from staff, the principal or principal designee will work out how this will be implemented. The arrangements must fit within the limits of our building and staffing, and be compatible with our School Improvement Plan.
2. Each student will have **15 minutes daily** of supervised recess. Weather permitting, recess will occur outdoors and teachers will encourage the students to engage in moderate to vigorous physical activity.
3. Teachers will make all reasonable efforts to avoid periods of more than **30 minutes** of physical inactivity. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and move in some form.
4. Students will not be deprived of physical activity as a consequence for behavior or academic performance. However, teachers may choose to have students walk laps for a portion or all of recess as a consequence for violating classroom rules.
5. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

## Healthy Choice Plan

**Our school will encourage healthy choices among students using the following methods:**

1. Implementing the nutritional standards required by federal and state laws and regulations, which apply to our food program and to other food and beverages available during the school day.
2. Implementing a practical living curriculum, which addresses the full Core Content for Assessment/Common Core Standards including health and physical education.

3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.
4. Teachers shall **NOT** use candy or snacks as part of a behavior reward system unless otherwise specified in a student's I.E.P. Classroom snacks must be low in fat and sugar with the exception of two (2) classroom parties per year.
5. Parents shall **NOT** provide food for birthday celebrations. Parents may provide non-edible treats such as pencils, activity booklets, stickers, bookmarks, etc.
6. Our school shall **NOT** allow students to bring soft drinks into the cafeteria. Water shall always be provided as a drink choice.
7. Our school shall **NOT** allow parents or students to bring restaurant food into the cafeteria.
8. Our staff shall model healthy eating and physical fitness activities for the students.

**Assessment Tool**

**We will assess students' level of physical activity at least once a year using the following procedures:**

1. The Physical Education teacher, along with the principal or principal designee and outside healthcare professionals (i.e. student nurses, etc.) will develop a plan for assessments.
2. This assessment will be ongoing through a student's Liberty School career (K-5).

**Policy Implementation**

The provisions of this policy will be implemented to comply with provisions required by federal law, state law, and local board policy. If any specific requirement above does not fit with those rules, the principal will notify the council so that the policy can be amended to fit. The principal will share this policy with the Kentucky Department of Education upon request for this information.

**Policy Evaluation**

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

Date Adopted: March 19, 2012

Date Reviewed/Revised: \_\_\_\_\_ Council Chairperson's Initials: \_\_\_\_\_

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