

HARRISON ELEMENTARY SBDM Wellness Policy

All students shall participate in moderate to vigorous physical activity each as follows:

- Each student shall participate in physical education class as part of the broader Practical Living and Career Studies curriculum as a rotating specials schedule allows.
- Each student shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. The school shall provide space and equipment to make that activity possible and appealing to 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 to include at least 10 minutes of the instructional day. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active. Frequent state changes should be utilized to avoid extended periods of inactivity or sitting.
- Students shall not be deprived of recess or other physical activity as a consequence for behavior or poor academic performance. Administrators, with restraint and careful consideration for the Wellness Policy, will apply consequences as directed by the Harrison Elementary Schoolwide Discipline Plan and the Fayette County Public Schools Student Code of Conduct.
- Appropriate accommodations shall be made for students with special needs as required by law and sound professional judgment.

Our school shall assess students' level of physical activity at least once a year. The Council shall select an assessment tool by the start of each school year, and the physical education teacher shall consult regarding the development of a schedule for completing that assessment.

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.
- Replace a majority of rewards of low nutritional value with non-food rewards such as pencils, stickers, or healthy foods such as raisins, Goldfish, pretzels, and animal crackers.

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- Our Practical Living curriculum shall address the full Core Content, including health, consumerism, ~~and~~ physical education, and career studies. Our goal will be 50 hours per academic year.
- 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 amended to fit.

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