

## **DIXIE MAGNET ELEMENTARY SCHOOL WELLNESS POLICY**

### **PHYSICAL ACTIVITY PLAN**

All Dixie Magnet Elementary students will participate in moderate to vigorous physical activity each day, as follows:

1. Each student will engage in at least 15 minutes of planned moderate to vigorous physical activity each day. With input from the 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 participate in physical education class once during a specials rotation.
3. Each student will have at least 20 minutes a day of supervised recess. Weather permitting, recess will occur outdoors as often as possible and teachers will encourage the students verbally to engage in moderate to vigorous physical activity. The school will provide space and equipment to make that activity possible and appealing to students.
4. Teachers will make all reasonable efforts to avoid periods of more than 60 minutes when students are physically inactive. 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 be moderately or vigorously physically active.
5. Students will not be deprived of recess or other physical activity as a consequence for behavior or academic performance.
6. Students shall not be deprived from physical education class as a consequence of classroom behavior or academic performance.
7. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

### **HEALTHY CHOICE PLAN**

Due to student health needs (i.e. allergies, diabetes) all food items brought into the building that will be shared with other students must be store bought and contain a food nutritional guide/label.

We 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. Prohibiting restaurant food or soft drinks (carbonated beverages) being brought into the cafeteria or served to students during lunch periods.

3. Rewarding student performance with praise, privileges, special activities, and objects. Only in rare instances, should food or drink be used as a reward.
4. Encouraging the use of bottled water or 100% fruit juices 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.

Special treats sent in by parents or outside entities, should be distributed at the end of students' lunch period. Parents should be encouraged to send foods and drinks that are nutritional.

Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.

### **ASSESSMENT**

All Dixie students will be assessed based on their best personal effort. Intermediate students will receive a grade on the report cards. Specific data will be available upon request from the physical education teacher. The physical education teacher will send home a monthly communication to parents outlining the physical activity being done in class.

### **POLICY IMPLEMENTATION**

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law or Fayette County Public School Board policy. If any specific requirement does not fit with those rules, the principal will notify the council so that the policy can be amended to comply.

The principal will share this policy with the Kentucky Department of Education upon the Kentucky Department of Education requests this information.

This school council policy shall be consistent with the applicable indicators from the Standards and Indicators for School Improvement (SISI) document.

### **POLICY EVALUATION**

A Coordinated School Health committee will collect and analyze data in order to recommend adjustments to the wellness policy.

The council will evaluate the effectiveness of this policy based on the feedback from Coordinated School Health committee and through our annual School Improvement Planning Process.

Date Adopted: 1-23-07

Date Reviewed or Revised: 6/5/14

Date Reviewed or Revised: 4/11/16