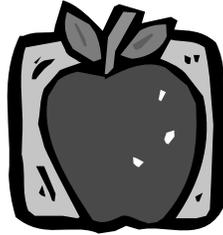


SOUTHERN ELEMENTARY WELLNESS POLICY



PHYSICAL ACTIVITY PLAN

All 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 dynamic fitness class twice during a 5 day rotation special area class rotation. This class will incorporate the practical living curriculum to address the common core standards including, health, consumerism, and physical education.
3. Each student will have 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.
 - Teachers will document in their behavior management plans how students whose misbehavior does not warrant “free choice” at recess with their classmates. These students must have structured physical activity (i.e. walking laps) as determined by the teacher. Teachers shall not withhold recess/physical activity from any student as a means of a behavior consequence.
 - Teachers and staff members shall not use mass punishments during recess and will not take away any amount of recess from the whole class.
4. Teachers will make all reasonable efforts to avoid periods of more than 30 minutes per day 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 stand and move in some form.
5. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

HEALTHY CHOICE PLAN

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. Implementing a practical living curriculum, which addresses the standards for health education, physical education, and consumerism.
3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible. A Coordinated School Health committee will provide assistance on the integration of health education and physical education instruction throughout the school environment.
4. Students shall be allowed to bring in transparent water bottles/containers for drinking throughout the school day. Bottles/containers shall contain water only.
5. Southern Elementary students and families shall not bring restaurant food or “fast food” (Subway, McDonald’s, Dominos, etc.) and/or soft drinks to school during lunch. The only exceptions will be for field trips, family picnic days, and fun day/field day. This will be strictly enforced.
6. Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children’s diets and health, with an emphasis on serving fruits, vegetables, and whole grains as the primary snacks and water as the primary beverage. Southern Elementary will provide a list of healthy snack ideas to parents, teachers, and after-school program personnel.
7. All snacks will be brought to the front office and remain in their original packaging with nutritional information due to food allergies.
8. Southern Elementary will not use candy or high sugar / high calorie foods or beverages as rewards for academic performance or good behavior. This includes cakes, donuts, candy, gum, suckers, jelly beans, M&Ms, etc. unless otherwise specified in a student’s IEP or 504 plan.
9. Southern Elementary will limit classroom celebrations that involve food during the school day to no more than two parties and one Valentine exchange per school year. Each party should include a variety of food options and have no more than one food and/or beverage that would not fall under “healthy snack ideas.”
10. If parents send snacks to school for birthday recognitions or other celebrations, they will choose snacks from the healthy snack list provided by the school. Cookies, cupcakes, donuts, brownies, and other high sugar/high fat snacks will not be allowed for birthday treats. If parents have questions about treats, they will contact the classroom teacher or Family Resource Center for suggestions and/or assistance.
11. Birthday celebrations will be limited to an individual treat/snack from the approved snack list and will be passed out during the last five minutes of lunch. K-1 cafeteria monitors and/or K-1 students with protective gloves will be responsible for handing out treats/snacks.
12. If a child brings snacks to school and there are leftovers, the snacks will remain in the classroom and/or be sent home at the end of the day. Children will not be allowed to walk the building handing out leftover snacks to staff members.
13. Staff treat days, breakfasts or lunches shall be contained to the staff lounge or classrooms and not in the open complex.

14. Classroom “Star Rewards” in individual classrooms shall correspond with the Wellness Policy.

15. All staff members and students will be encouraged to participate in monthly Wellness Wednesdays. Teachers will be able to choose different wellness activities to complete with his/her class from a wellness menu developed by staff members.

ASSESSMENT TOOL

Students’ level of physical activity and physical fitness will be assessed at least once a year using the following procedures:

1. The physical education teacher and classroom teacher shall implement a process to keep track of the amount of physical activity and physical fitness that students receive on a yearly basis. This will be done through observations, conversations, and participation documentation.

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

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 Reviewed or Revised: June 27, 2016

Date Reviewed or Revised: _____

HEALTHY SNACK IDEAS FOR SCHOOL



In an effort to meet Federal Government Regulations concerning student wellness, Southern Elementary has made changes to the guidelines that govern snacks at school. Snacks sent to school for the purpose of sharing with other students must come from the approved snack list (below) and be packaged, not homemade. An example of this would be if a student wants to bring in snacks for a birthday celebration. High sugar / high fat foods including cookies, cake, cupcakes, donuts, brownies, etc. will not be allowed.

- | | |
|-------------------------|-------------------------|
| Fresh fruit | Applesauce |
| Yogurt cups | Popcorn |
| Yogurt sleeves | Raisins |
| Cheese cubes | 100 Calorie Snack Packs |
| String cheese | Baked tortilla chips |
| Pretzels | Salsa |
| Crackers | Baked potato chips |
| Dry cereal | Pita chips |
| Cereal bars | Raw vegetables |
| Granola bars | Low fat dips |
| Sugar-free pudding cups | Fruit snacks with real |
| Sugar-free popsicles | fruit juice |
| Rice cakes | Graham crackers |
| Fig Newtons | Nutri-grain bars |
| Fruit cups | Sugar-free jello |
| Baby carrots | Teddy grahams |
| Cucumbers | Whole grain Cheetos |
| Hummus | Cheez Its |
| Dried fruit | Wheat Thins |
| Goldfish | |

SBDM LAW on Wellness Policy

Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes per day, or one hundred and fifty (150) minutes per week. Each school council, or if there is no school council, the principal, shall adopt an assessment tool to determine each child's level of physical activity on an annual basis. The council or principal may utilize an existing assessment program. The Kentucky Department of Education shall make available a list of available resources to carry out the provisions of this subsection. The department shall report to the Legislative Research Commission no later than November 1 of each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided. The policy developed by the school council or principal shall comply with provisions required by federal law, state law, or local board policy.

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