

Wellness Policy

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

Each student shall participate in physical education class once every rotation period.

Each student should have at least 10-20 minutes a day of supervised recess, preferably outdoors. The school shall provide space and equipment to make activities inviting and appealing to students.

Teachers should make every effort to avoid stretches longer than 60 minutes where students are physically inactive.

Students should not be deprived of recess or physical activity as a consequence for behavior or academic performance.

Accommodations shall be made for students with special needs as required by law.

School Responsibility

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

Implementing the nutritional standards required by federal and state laws.

Curriculum shall address the full Core Content including health, consumerism, and physical education.

Not allowing food, particularly candy and sweets, to be used as a classroom incentive or reward.

Providing classroom teachers and staff with the following list, obtained from Nutrition and Health Services webpage that is a sample of healthy food choices for use in the event of class parties and special events:

Animal Crackers

Frosted Mini-Wheat

Carnival Crunch

Raisin Bran

Chex Morning Mix

Cheerios

Baked Doritos

1 ounce granola bars

Baked Potato Chips

Popcorn

Goldfish Pretzels

Graham Crackers

Oat Cereal

Corn Flakes

100 Calorie Packs of Wheat

Thins and Cheese Nips