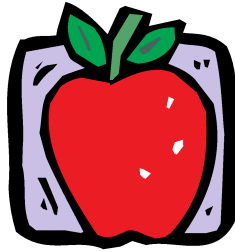


# WELLNESS POLICY



## PHYSICAL ACTIVITY PLAN

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**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**.
2. Teachers will make all reasonable efforts to **avoid periods of more than 30 minutes** when students are physically inactive.

## HEALTHY CHOICE PLAN

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

1. Implementing the nutritional standards required by federal and state laws and regulations that apply to our food program and to other food and beverages available during the school day.
2. Implementing a health and PE curriculum that addresses the Kentucky Academic Standards.

## ASSESSMENT TOOL

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We will **assess students' level of physical activity and physical fitness at least once a year**.

## POLICY IMPLEMENTATION

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This policy will be implemented to comply with provisions required by federal law, state law, and local board policy.

## POLICY/PROGRAM EVALUATION

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The council will evaluate the effectiveness of this policy through our annual school improvement planning process.

Date Adopted: 1/16/2020

Date(s) Reviewed or Revised: 12/12/2019

**LAW IN A BOX:**

1. The state SBDM law, **KRS 160.345(11)**, is for schools containing any of the grades K through 5. This law says this policy must include plans for:
  - having moderate to vigorous physical activity each day,
  - permitting physical activity to be part of the instructional day not to exceed 30 minutes per day or 150 minutes per week,
  - encouraging healthy choices among students, and
  - adopting an assessment tool to determine each child's level of physical activity on an annual basis.

The language for these requirements is in ***bold italics***.

2. The federal **Healthy, Hunger Free Kids Act (2010)**

Since 2004 the district has been required to have a local Wellness Policy in place for each school under its jurisdiction. **Check with your District Food Service Director to ensure your school Wellness Policy aligns with your District Wellness Policy.**