

WELLNESS POLICY

KRS 160.345(11)

PHYSICAL ACTIVITY PLAN

All students will participate in physical activity each day, as follows:

1. Each student will participate in physical education class at minimum once a week.
2. Each student will have at least 20 minutes a day of supervised physical activity. Weather permitting, physical activity will occur outdoors as often as possible and teachers will encourage students verbally to engage in physical activity. The school will provide space and equipment to make that activity possible and appealing to students.
3. Teachers will make all reasonable efforts to avoid periods of more than 30 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 stand and move in some form.
4. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

HEALTHY CHOICE PLAN

New Highland Elementary 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 full state standards for assessment including health, consumerism, and physical education.
3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.

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

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

First Reading: 10-27-2014

Second Reading: 11-24-2014

Date Reviewed or Revised: _____

Council Chairperson's Initials _____

Date Reviewed or Revised: _____

Council Chairperson's Initials _____