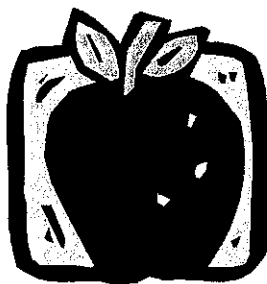


# SEBASTIAN ELEMENTARY WELLNESS POLICY

(Legally required for kindergarten through 5<sup>th</sup> grade.)



## **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. 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. (May include recess, refer to #3)
2. Each student will participate in physical education class for five consecutive instructional days every 15 -20 instructional days. (If offered)
3. Each student will have at least 15-20 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 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.
5. Students will not be deprived of P.E. as a consequence for behavior or academic performance.
6. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

## **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, 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.)

## **ASSESSMENT TOOL**

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We will assess students' level of physical activity and physical fitness at least once a year using the following procedures:

1. The principal (or principal designee), with collaboration from teachers and parents with wellness expertise, will select an assessment tool which includes Body-Mass Index (BMI) evaluation of each student. Once the council has adopted a tool, it will remain in use unless the principal (or principal designee) recommends a change.
2. The principal (or principal designee) will develop a schedule for completing the assessment during the last month of school.
3. The principal will report the results of the wellness assessment, including the BMI percentile data to the council annually.
4. The council will discuss the results of the report and decide if wellness goals need to be added or revised in the School Improvement Plan.

## **MENTAL WELLNESS PLAN**

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The school will assist students in receiving mental health care by providing a supportive environment and services as available to the school. Students will be referred to School Based Therapy Programs (KRCC) and Impact if allowed by parents. School members will attend necessary meetings to maintain effective communication and relationship with all stakeholders.

## **POLICY IMPLEMENTATION**

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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**

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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: 2-17-14

Date Reviewed or Revised: 3-16-15 Council Chairperson's Initials RC

Date Reviewed or Revised: \_\_5-2-16\_\_ Council Chairperson's Initials \_\_WCN\_\_

Date Reviewed or Revised: \_\_\_\_\_ Council Chairperson's Initials \_\_WCN\_\_