



Simons Middle School



22.0 – School Wellness Policy

PHYSICAL ACTIVITY PLAN

All students will participate in health and physical education, as follows:

1. Each student will engage in at least a nine week period of Health and Physical Education which is composed of planned **moderate to vigorous physical activity**. 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. 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.
3. 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 that apply to our food program and to other food and beverages available during the school day.
2. Implementing a practical living curriculum, this 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.)

GUIDELINES FOR FOOD OUTSIDE THE CAFETERIA

To help promote healthy nutrition in our schools, Simons Middle School will encourage parents and teachers provide a variety of healthy foods for classroom parties and snacks.

All food/beverages made available by the school or staff for sale on campus during the school day will be consistent with the current State Board of Education Administrative Regulation 702 KAR 6:090.

ASSESSMENT TOOL

In compliance with 702 KAR 6:090, Kentucky Middle School will utilize the Alliance for a Healthier Generation's Healthy Schools Program to evaluate the school environment. This report will be shared annually with the district as required by KRS 160.345 (11) and release the report at least 60 days prior to the public forum required by KRS 158.856 (5). Results will be reported to parents and community stakeholders via the school's website.

The Coordinated School Health Committee will oversee the implementation and evaluation of this policy. The CSH Committee shall periodically report to the school principal (or designee) on the content and progress of implementation of the school's wellness efforts. The report shall include:

1. Extent to which the school is in compliance with this policy;



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2. A timeline for an annual review and comparison (e.g. KDE CSPAP Continuum Document) of how the school measures up to model wellness policies provided by recognized state and national authorities; and
3. A designated school representative of the CSHC will communicate on the description of the measurable progress made towards reaching goals of the school wellness policy and address any gaps identified in the wellness report for the previous year.

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/PROGRAM EVALUATION

A Coordinated School Health Committee will collect and analyze data to be used as a support and resource for collaboration and integration of practical living instruction throughout the school environment.

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.

First Reading: January 22, 2018

Second Reading: February 19, 2018

Date Adopted: February 19, 2018

Signature: 

Date Reviewed or Revised: _____

Council Chairperson's Initials: _____

Date Reviewed or Revised: _____

Council Chairperson's Initials: _____