

WEST MARION ELEMENTARY SCHOOL WELLNESS POLICY

Note: This language was developed by the Kentucky Association of School Councils as an example of how to comply with the new wellness requirements created by Senate Bill 172. Your council can modify this or use a different approach that fits the law. Those legal requirements are included on the next page.



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

- Each student shall engage in at least 15 minutes of planned moderate to vigorous physical activity each day. With input from the teachers and the rest of the staff, the principal shall work out how this activity will be handled. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
- Each student shall participate in physical education class twice a week.
- On days in which students do not have P.E. class, classroom teachers are encouraged to provide students at least 15 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. The school shall provide space and equipment to make that activity possible and appealing to students.
- Teachers shall make all reasonable efforts to avoid periods of more than forty minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.
- Students **shall not** be deprived of recess or other physical activity as a consequence for behavior or academic performance.
- Appropriate accommodations for P.E. will be used as incentives/motivation. Examples include: extra P.E. for Accelerated Reader points, Accelerated Math objectives, Box tops collection contest, extra outside activities
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Our school shall assess students' level of physical activity at least once a year. The council shall select an assessment tool by the start of each school year, and the principal shall develop a schedule for completing that assessment. Under the supervision of the school nurse all students will be weighed at the beginning of the school year and again toward the end of the year. Unreasonable weight gains for specific students will be noted and discussed. Those particular students with weight gains will be offered to participate in the WMES walking program that is monitored by the P.E. teacher.

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

- Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
- Our Practical Living curriculum shall address the full Core Content, including health, consumerism, and physical education. Wellness Day, held every other year, includes speakers teaching the importance of wellness and making good choices.

- The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.

Inside Options

- Gym (when not in use)
 - Hallways (brisk walk)
 - Classroom (physical fitness activities)
- *See packet for examples of rigorous to moderate activities*

Outside Options

- Playground (2 classes)
 - Small playground (1 class/small group)
 - Observation Deck
 - Short walking path
 - Long walking path
 - Basketball court
 - Sidewalks (front/back)
 - Outdoor classroom
- *See packet for examples of rigorous to moderate activities*
- *See map for different locations outside*

Attached to this policy are examples of rigorous to moderate activities

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy. If any specific requirement above does not fit with those rules, the principal shall notify the council so that the policy can be amended to fit.

The principal shall share this policy with the Kentucky Department of Education when KDE asks for this information.

LEGAL REQUIREMENTS

The 2005 General Assembly passed Senate Bill 172. One part of SB 172 added a new section 11 to Kentucky's school-based decision-making law (KRS 160.345). Here are the provisions of that section:

- “Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty minutes per day, or one hundred and fifty minutes per week.”
- “Each school council, or if there is no school council, the principal, shall adopt an assessment tool to determine each child's level of physical activity on an annual basis. The council or principal may utilize an existing assessment program. The Kentucky Department of Education shall make available a list of available resources to carry out the provisions of this subsection. “
- “The department shall report to the Legislative Research Commission no later than November 1 of each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided.”
- “The policy developed by the school council or principal shall comply with provisions required by federal law, state law, or local board policy.” [The bullets have been added for easier reading.]

CHECKLIST

KASC's model policy is one way to meet the requirements. Councils are free to choose other language so long as it fits the legal requirements. As you develop your policy, you may find it helpful to use the checklist below to confirm strengths and make notes on any weaknesses that need further attention.

LEGALITY	NOTES
<input type="checkbox"/> Does this policy require moderate to vigorous physical activity each day?"	
<input type="checkbox"/> Does this policy include steps to promote healthy choices?	
<input type="checkbox"/> Does this policy comply with provisions required by federal law, state law, and local board policy?	
<input type="checkbox"/> Is this policy truly a policy, meaning that it sets "rules, guidelines, and procedures?"	
<input type="checkbox"/> Does this policy let the principal handle implementation, without having the council "approve" or "consider appeals of" the principal's decisions?	
CLARITY	NOTES
<input type="checkbox"/> Have we listed any needed steps in chronological order?	
<input type="checkbox"/> Does it say who is responsible for each step (council, committee, principal, teachers, etc.)?	
WISDOM	NOTES
<input type="checkbox"/> Does the policy include a reminder of the council's responsibility for adopting an assessment tool to determine each child's level of physical activity on an annual basis? (The assessment tool decision does not have to be in the policy, but mentioning it will help you do this work well.)	
<input type="checkbox"/> Does the policy support our current school Improvement Plan?	

QUESTIONS?

Contact us at kasc@kasc.net or 859/238-2188. We're here to help.

Guidelines for outside play @ WMES

Temperature Ranges:

- Below 32 degrees-no outside play
- 32-39 degrees no longer than 10 minutes
- 40 degrees and 89 –no restrictions
- 90 degrees and higher- follow guidelines from KHSAA for heat

- Teachers need to check temperature before they go outside.
- Teachers need to make arrangements with other teachers prior to outside time for any student unable to go outside.
- Newsletters need to have information about outside play guidelines as well as appropriate clothes to be worn for outside play.
- If parents don't want their children outside they need to inform the teacher in **writing**.

POLICY EVALUATION

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

Date Adopted: 10/29/05

Date Reviewed or Revised: 8/4/08 Council Chairperson's Initials JBM

Date Reviewed or Revised: 3/8/11 Council Chairperson's Initials JBM

Date Reviewed or Revised: 12/11/2012 Council Chairperson's Initials JBM

Date Reviewed or Revised: 3/14/2013 Council Chairperson's Initials JBM