

WELLNESS POLICY KRS 160.345(11)

Wellness Policy:

All students shall have the opportunity to integrate more physical activity and are encouraged to make healthy choices daily.

1. Each student shall participate in one physical education class per week.
2. Each student shall have at least 20 minutes 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.
3. 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.

ASSESSMENT TOOL:

Our school shall assess students’ level of physical activity at least once per 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. The PE teacher will administer physical fitness test each year to determine the physical activity each year. The results will be communicated to the Hopkins SBDM and parents.

HEALTHY CHOICE PLAN:

Hopkins Elementary will encourage healthy choices among students using the following methods:

1. 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.
2. Our Practical Living curriculum shall address the full core content, including health, consumerism, and physical education.
3. The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.

POLICY IMPLEMENTATION:

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy.

Date Adopted: 6/14/07

Date Reviewed or Revised: 1st reading 1/14/20

Council Chairperson’s Initials: HPS

Date Reviewed or Revised: 2nd reading 2/7/20

Council Chairperson’s Initials: HPS