

# COLONY ELEMENTARY SCHOOL

**COUNCIL POLICY TYPE: School Operational Policy**

**POLICY TOPIC DESCRIPTION: Wellness Policy**

**STATUTORY AUTHORITY:**

## POLICY STATEMENT

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

- Each student shall engage in 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 once each week.
- Each student shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity. The school shall provide space and equipment to make that activity possible and appealing to students.
- Teachers shall make all reasonable efforts to avoid long periods of time when students are physically inactive. 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. Physical/academic activities will occur on a daily basis.
- Students shall not be deprived of recess or other physical activity as a consequence for behavior or academic performance. Based on discipline policy, students may be required to walk rather than play as a consequence for behavior problems.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

Our school shall assess students' level of physical activity. Teachers will maintain a record of physical activity within the classroom setting. The principal will report to the council at the end of the school year.

- 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.

The provisions of this policy shall be implemented to comply with provisions required by federal laws, state law, or local board policy. If any specific requirement above does not fit 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.

**DATE ADOPTED: 10/02/2006**

**LAST UPDATE: 05/18/2011**

**Frank Wilkerson**  
**Council Chairperson**