

WCHS WELLNESS POLICY



PHYSICAL ACTIVITY PLAN

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

1. Student will be provided opportunities to 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.
2. Each student must participate in and pass a one semester physical education class and one semester health class before graduating from high school.
3. 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.
4. Students will not be deprived of physical activity as a consequence for behavior or academic performance.
5. 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, 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.
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ASSESSMENT TOOL

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) or BIA evaluation of each student enrolled in physical education or health education. 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.

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 EVALUATION

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: 2/16/16

Date Reviewed or Revised: _____ Council Chairperson's Initials _____

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