

**WOODFORD COUNTY MIDDLE SCHOOL
SBDM COUNCIL POLICY**

POLICY TOPIC: Wellness Policy

POLICY NUMBER: 24

POLICY STATEMENT

PHYSICAL ACTIVITY PLAN

- Teachers will make all reasonable efforts to avoid periods of inactivity. When possible, physical activity will be integrated into learning activities.
- Appropriate accommodations will be made for students with special needs.

HEALTHY CHOICE PLAN

- We will encourage healthy choices among students using the following methods:
 - 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.
 - Implementing a practical living curriculum, which addresses the standards for health education, physical education, and consumerism?
 - Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.

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.

Date Adopted 2.11.2014

Council Chairperson Blake Konny