

Simmons Elementary
Policy Revision Date:

Simmons Wellness Policy

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

- Each student will participate in physical education for a minimum of 45 min. a 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.
- Students shall not be deprived of recess or other physical activity as a consequence for behavior or academic performance.

Our school shall assess students' level of physical activity at least once a year.

- The physical education teacher will be responsible for developing and administering an annual assessment for each student as documented in lesson plans.
- The physical education teacher will share the assessment tool and fitness data with the principal and the principal will share the assessment tool and data with the council.

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