

SCHOOL COUNCIL POLICY FORMAT

District Russell Independent

School Russell-McDowell Intermediate

COUNCIL POLICY TYPE (Check One)

- By-Laws (Council Operational Policies)
- Function (School Operational Policies)

POLICY NUMBER







6.0

POLICY TOPIC DESCRIPTION




Student Support Services/Wellness Policy

POLICY STATEMENT

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

-  Each student shall participate in a 40 minute physical education class once a week.
-  Each student shall have at least 30 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage all able students to participate in 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 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 to stand and be moderately active. (These shall be documented in lesson plans. These can include but are not limited to Brain Break videos and Go Noodle.)
-  Students may be given an alternate physical activity, other than recess, if the student misses recess due to behavior issues or lack of academic performance.
-  Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
-  Cold weather policy for outdoor recess will include provisions for students going outside for recess if the outdoor temperature is above 35 degrees unless otherwise directed by school administrators.

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 food program and to other food and beverages available during the school day.
-  Our Practical Living curriculum shall address the full Core Content, including health, consumerism, career studies, and physical education.
-  The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy. If any specific requirement above does not fit with those rules, the principal shall notify the council so that the policy can be amended to fit.

Date Adopted 03-02-06

Signature: Pamela Wright
Council Chairperson

Revised/Reviewed: 3/20/2016