

South Laurel Middle School

Wellness Policy

February 4, 2015

All students will be encouraged to participate in moderate to vigorous physical activity each day. This will include activities after school, such as sports teams, as well as having students be active when they are at home. Students will be informed of the importance of physical activity and why it is important to start now with activities that they may do the rest of their life.

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.

Each student is offered and required to participate in Physical Education classes during each grade level at South Laurel Middle School. Grades are given weekly for participation as well as dressing out. This will hopefully give the students a sense of responsibility to participate and try new activities and have fun with the ones that they already know.

Our school will assess students' level of fitness by having each student in each Physical Education Course participate in and give effort on The Presidential Fitness Challenge. There will be a pre and post test to see if students have increased their score on the challenge. The Presidential Fitness Challenge measures several different areas such as muscular strength, muscular endurance, flexibility, agility, and core strength. By having students do a pre and posttest, this will allow physical education teachers to see where needs are and adjust exercise routines done daily to help in the area a student may be lacking in.

Our school shall encourage healthy choices, decision making, as well as some topics to be aware of through health classes.

Our school shall implement the nutritional standards required by federal and state laws and regulations.

Cafeteria staff will encourage healthy food choices and display informational posters in the cafeteria as well as what is being served each day for breakfast and lunch.

Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

The provisions of this policy shall be implemented to comply with provisions required by federal laws, state laws, 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.

Adopted BY SLMS Site Base Council

On

2-4-2015