

LA GRANGE ELEMENTARY SCHOOL WELLNESS POLICY

TOPICS

STATEMENT

- a. Wellness
- La Grange Elementary School shall promote healthy choices determined by nutritional standards required by the federal and state laws and regulations. All students shall participate in moderate to vigorous physical activity each day. This policy shall be consistent with the applicable indicators from the Oldham County Exit Standards and Demonstrators and the La Grange Elementary School curriculum alignment.
- b. Healthy Choices
- The school shall implement the same nutritional guidelines that apply to the school food program and to other food and beverages available during the school day. **Students are encouraged to bring a healthy snack each day. Any food served at school holiday parties or birthdays will be purchased through the school cafeteria or PTA.** Implementation of instruction from practical living exit standards and demonstrators shall include health, consumerism, and physical education. The rest of the curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects within the classroom. Evidence of physical movement must be written within daily lesson plans.
- c. Physical Fitness
- All students shall engage up to 30 minutes of planned moderate to vigorous physical activity, preferably outdoors, each day. Teachers shall direct and actively supervise the planned physical activity both inside and outside the classroom. The school shall provide space and equipment to make that activity possible. Students shall not be deprived of D.A.S.H. (Doing Active Sports for Health) Time or other physical activity as a consequence for behavior or academic performance. **However, a student may be assigned a specific physical activity to do as a consequence (such as walking laps for a portion of D.A.S.H Time).** Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- d. Physical Education:
- In addition to the daily planned physical activity, each student shall participate in physical education class on a regular basis, consistent with the school instructional schedule. Participation in the physical education class does not exempt students from the daily-required planned physical activity.
- e. Assessment
- The school shall assess students' level of physical activity at least once a year. The council shall select an assessment tool by the start of each school year to be administered during physical education class. The principal shall monitor progress on the annual physical fitness assessments as administered by the physical education teacher with assistance from the regular education teacher and instructional assistant.