

# MENIFEE CENTRAL WELLNESS POLICY

(Includes Kentucky legal requirement for K-5 and Federal legal requirement for all schools which participate in the National School Lunch and/or Breakfast Program.)

## PHYSICAL ACTIVITY PLAN

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

1. When feasible, each student may engage in at least 15 minutes of planned ***moderate to vigorous physical activity each day***. With input from the staff, the principal (or principal designee) will work out how this will be implemented. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
2. Teachers will make all reasonable efforts to avoid periods of more than 30 minutes when students are inactive. When possible, physical activity will be integrated into learning activities. When that is not possible, students will be given periodic breaks during which they are encouraged to stand and move in some form.
3. Students will not be deprived of physical activity as a consequence for behavior or academic performance.
4. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.

## HEALTHY CHOICE PLAN

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We will encourage healthy choices among students using the following methods:

1. 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.
2. Implementing a practical living curriculum, which addresses the standards for health education, physical education, and consumerism.
3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.

## ASSESSMENT TOOL

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We will assess students' level of physical activity and physical fitness when feasible using the following procedures:

1. The principal (or designee), with collaboration from teachers, will select an assessment tool. Once the council has adopted a tool, it will remain in use unless the principal (or designee) recommends a change.
2. The principal (or designee) will develop a schedule for completing the assessment during the last month of school.

## POLICY IMPLEMENTATION

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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.

***The principal will share this policy with the Kentucky Department of Education upon request for this information.***

### **POLICY/PROGRAM EVALUATION**

SBDM council will evaluate the effectiveness of this policy based on feedback from the school improvement planning process,

- Recommend adjustments to the wellness policy
- Help ensure quality health education instruction throughout the school environment.
- Help ensure time allocated daily for physical activity/movement opportunities throughout the school environment.

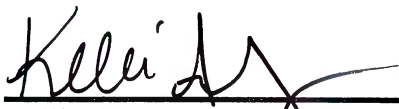
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**Date Reviewed and Approved: September 1st, 2021**

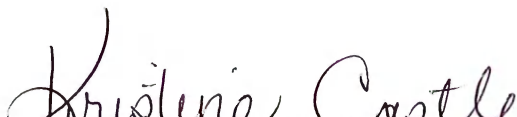
**Date Reviewed: June 14th, 2022**


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**Date Revised and Reviewed: September 19th, 2023**

  
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