

Donald E. Cline Elementary
SBDM Policy
Health and Wellness Policy

PURPOSE

Council will review and revise, if necessary, the health and wellness policy for each school year.

STATEMENT

In order to support the health and wellness of each child at Cline Elementary:

1. All students shall engage in at least 10 minutes of planned moderate to vigorous physical activity each day, utilizing the Take 10 Program. This program will be implemented by every classroom teacher, and monitored by the school nurse and principal.
2. Each student shall participate in physical education class at least one time per week. To ensure maximum physical education time per week, the school scheduling committee will review the master schedule on an annual basis.
3. Each student shall have at least 10 minutes a day of supervised physical activity period, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. The school shall provide space and equipment to make that activity possible and appealing to students.
4. Teachers shall make all reasonable efforts to avoid long periods 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 encouraged to stand and be moderately active.
5. Students must be permitted to release physical energy by walking, running, moving, skipping, etc. A variety of interventions must be tried before the loss of recess is utilized.
6. Each day, all students will participate in a brain-gym activity over the morning news and throughout the day.
7. Behavior and academic incentive parties/positive reinforcements should be physical in nature. For instance, reward parties could be a game of kick ball, party at the park, dances, etc.
8. Water bottles will be encouraged and allowed in all classrooms.
9. All snacks/treats must be healthy.
10. All school events will model healthy choices by providing healthy snacks and beverages.

POLICY EVALUATION

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

First Reading: _____ Second Reading: _____

Date Adopted: 11/15/18

Chairperson Signature: _____

Date Reviewed or Revised: _____ Council Chairperson's Initials CAR