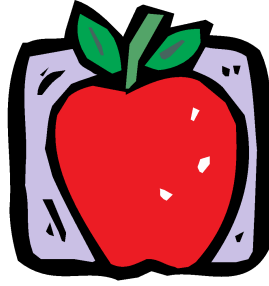


JELV WELLNESS POLICY



PHYSICAL ACTIVITY PLAN

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

1. Each Kindergarten student will participate in physical education class on a rotating basis for a minimum of 30 minutes per week. Kindergarten students will receive 25 minutes of recess daily.
2. Each Preschool class will receive a minimum 20 minutes of indoor gross motor movement one time per week. They will receive 30 minutes of recess outside daily (weather permitting).
3. Time will be documented in lesson plans for PE, gross motor and recess times for both Kindergarten and preschool.
4. Preschool and Kindergarten will go outside with discretion when the outside temperature is above 20 degrees with wind chill and below 95 degrees with the heat index. Teachers will honor doctors notes to be excused from going outside. Doctor notes must have start and end dates.
5. Teachers shall refrain from using recess as a consequence for inappropriate behavior or lack of academic performance.
6. Students shall not be deprived from physical education class as a consequence of classroom behavior or academic performance.
7. Student screen time on their individual device for a typical day will be limited at 40 minutes for kindergarten students.
8. Student screen time on their individual device for a typical day will be limited at 15 minutes for preschool students.

SOCIAL AND EMOTIONAL PLAN

We will encourage social emotional learning among students by:

1. Daily social and emotional curriculum lessons will be followed and embedded throughout the day using building approved curriculum.
2. Students and staff will be encouraged to use mindfulness strategies, calming strategies and character curriculum as determined by the staff.

HEALTHY CHOICE PLAN

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

1. Due to student health needs (i.e. allergies, diabetes) all food items brought into the building that will be shared with other students must be store bought in its original container and contain a food nutritional guide/label.
2. 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.
3. Two lessons are completed in physical education on nutrition and the food guide pyramid using “My Plate”.
4. Students are allotted 25 minutes for lunch and 20 minutes for breakfast.

5. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.
6. It is recommended for parents to not include soda as part of lunch and breakfast brought from home.

COMMUNITY INVOLVEMENT

1. The FRC sends out a monthly newsletter with information regarding upcoming health related community events.
2. There are wellness activities at 50% of the Family Fun Nights.
3. Dental services are offered for all students.
4. Social Media such as Facebook and Twitter will be used to publicize health tips to the community.

POLICY IMPLEMENTATION

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.

Date Adopted: _____

Date Reviewed or Revised: 10/1/14

Date Reviewed or Revised: 11/5/14

Date Reviewed or Revised: 12/3/14

Date Reviewed or Revised: 1/14/15

Date Reviewed or Revised: 2/25/19

Date Reviewed or Revised: 3/18/19

Date Reviewed or Revised: 4/6/20

SBDM LAW on Wellness Policy

Each school council of a school containing grades K-5 or any combination thereof, or if there is no school council, the principal, shall develop and implement a wellness policy that includes moderate to vigorous physical activity each day and encourages healthy choices among students. The policy may permit physical activity to be considered part of the instructional day, not to exceed thirty (30) minutes per day, or one hundred and fifty (150) minutes per week. Each school council, or if there is no school council, the principal, shall adopt an assessment tool to determine each child's level of physical activity on an annual basis. The council or principal may utilize an existing assessment program. The Kentucky Department of Education shall make available a list of available resources to carry out the provisions of this subsection. The department shall report to the Legislative Research Commission no later than November 1 of each year on how the schools are providing physical activity under this subsection and on the types of physical activity being provided. The policy developed by the school council or principal shall comply with provisions required by federal law, state law, or local board policy.

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