

Ockerman Elementary Site Based Policy 9.1

Health and Wellness Policy

Physical fitness and healthy decision making are critical to the quality of life of our students. Sound educational programs promote the development of each child to his or her fullest potential. In order to help ensure a healthy student population this school will implement a health and wellness program that contributes to the growth of the child socially, emotionally, cognitively and physically. Engaging in physical activity and health lifestyle choices promote lifelong health and fitness as well as promotes valuable experiences such as team building, discipline, and problem solving.

Ockerman Elementary School students in grades 1 – 5 will receive at least 15 minutes a day of supervised physical activity, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity. The school shall provide space and equipment to make that activity possible and appealing to the students. On days when the weather is below 32 degrees, or below 32 degrees with wind chill, alternative activities will be incorporated into the classroom for the students to receive at least 15 minutes of activity. Examples of activities that will fulfill this requirement will be exercise videos, brain break activities, and use of gym space if available or other physical activity as dictated by the teacher. Loss of physical activity time due to behavior and /or academic performance should be avoided and will only be enacted as a last resort. Alternative consequences for noncompliance such as a working lunch, early school arrival, extended school day or other appropriate consequences should be considered.

Additionally, students in grades 1 – 5 receive Physical Education curriculum for a minimum of 50 minutes weekly. Students in kindergarten will receive 25 minutes of physical education instruction. Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgement. Each student shall also be assessed on his/her level of physical activity at least once a year through the implementation of the Fitness Gram through the Physical Education classroom.

In order to promote good nutrition, Ockerman Elementary School shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available to students during the school day. Ockerman Elementary will create excellence in promotion of healthy choices by limiting the number of food rewards within the school environment as well as to encourage parents to choose healthy options when sending in snacks or celebration treats. Healthy options for the vending machines for staff will be selected if available.

Policy 9.1 of the Ockerman Elementary School Council's Policies was adopted on

4-20-17

and signed by the following Council members:

Ardam Farmer

Haley Baker

Kate Lynch

Brittany Bramlage

SBDM Secretary:

Susan Bell

Susan Bell

Kim [Signature]

