**KRS.160.345(11)**

**Carter City Elementary**

**Subject of the Policy:**  Wellness

**Policy Statement**

At Carter City Elementary School, we believe in educating the whole child. This includes the growth of a child socially, cognitively, emotionally, and physically. Engaging students in physical activities promotes health and fitness while teaching valuable lessons in teamwork, discipline, citizenship, following rules, listening, and problem solving.

At Carter City Elementary School, students will receive instruction to promote making healthy choices. This instruction will focus on the benefits of good nutritional choices, healthy habits, physical education (PE/physical activity as reflected in the Kentucky Program of Studies and Program Review. To ensure that our school promotes student wellness, every student at Carter City Elementary School will participate in moderate to vigorous physical activity each day, not to exceed 30 minutes a day. This will be part of the instructional day.

All students shall participate in moderate to vigorous physical activity as follows:

• Each student shall participate in a PE class 5 day a week unless ill or physically impaired.

• Each student shall have supervised moderate to vigorous physical activity daily, preferably outdoors. The school shall provide the necessary space and equipment.

• Teachers shall make a reasonable effort to avoid long periods when students are physically inactive.

• Individual students shall not be deprived of physical activity as a consequence for behavior or academic performance.

• Appropriate accommodations shall be made for students with special needs.

• Teachers shall provide ample opportunities for water breaks.

Carter City Elementary School shall encourage healthy choices among students using the following methods:

• Implement the nutritional standards required by federal and state laws and regulations.

• Provide a practical living curriculum that addresses the full core content, including health, consumerism, and PE. The rest of our curriculum shall reflect an integrated concern for wellness, including connections to science, social studies, and other subjects.

Annually, staff will administer a physical activity assessment to each student. The results of this assessment will be presented to the SBDM Council for review.

Date of First Reading: \_\_\_\_September 26, 2013\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Second Reading: \_\_\_\_October 17, 2013\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Adopted: \_\_\_\_\_October 17, 2013\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_Jo Ashworth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Chairperson