

WELLNESS POLICY

Northern Elementary

2019-2020

Physical fitness and quality health education are essential in educating our youth. Northern Elementary believes in engaging students by growing socially, mentally, emotionally as well as physically. In order to ensure a healthy population our school has developed a wellness policy which will include the following wellness goals:

- ◆ All Northern Elementary students will participate in physical education class on a consistent scheduled basis.
- ◆ Each student shall receive 150 minutes of physical activity per week.
- ◆ During indoor recess, an age appropriate exercise will be offered to students. .
- ◆ Each student shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage moderate to vigorous physical activity verbally. Some teachers have included a “walking area” for those who have a time-out.
- ◆ Students may participate in moderate to vigorous physical activity outdoors. The school shall provide space and equipment to make physical activity possible and appealing to students.
 - *Classroom exercise (tapes, CD’s, DVD’s, video’s)
 - *Classroom games that incorporate movement
 - *Organized games or sports (PLVS, Extended PE)
 - *Use of playground and surrounding fields
 - *Playground apparatuses
- ◆ Appropriate accommodations shall be made for students with special needs, as required by law.
- ◆ All Physical Education classes will be taught by a credentialed teacher, one who has been credentialed by the state, permitting him/her to teach physical education.
- ◆ Our Practical Living curriculum shall address the full Core Content, including health, consumerism, vocational studies, and physical education.

The rest of the curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, and other subjects.

- ◆ Our school shall implement the nutritional standards required by federal and state laws and regulations.

- ◆ Parent lunch visits are always encouraged, but in order to ensure that students receive a nutritious lunch the serving of competitive foods (ie. fast food items) as well as carbonated drink items are prohibited during lunch hours.

