

WELLNESS POLICY

Harlan Middle/High School

WELLNESS PLAN

- All 5th graders shall participate in 10 minutes of moderate vigorous physical activity each day. With input from the teachers and the rest of the staff, the principal or assistant principal shall work out how this activity will be handled. The arrangements must fit within the limits of our building and staffing and be compatible with our school improvement plan.
- Teachers will make reasonable efforts to avoid periods of more than forty minutes when students are **physically inactive**. When possible, physical activity should be integrated into learning activities. When that is possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

Our school shall encourage healthy choices among students using the following methods.

- Our 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 during the school day.
- Our practical living curriculum shall address the core content, including health, consumerism, and physical education.
- The rest of our curriculum shall reflect an integrated concern for wellness, including science, social studies, and other subjects.

The provisions of this policy shall be implemented to comply with provisions required by federal law, state law, or local board policy. If any specific requirement above does not fit with those rules, the principal shall notify the council so that the policy can be amended to fit.

Date Adopted: _____

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

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