

# Millbrooke Elementary School

## Wellness Policy KRS 160.345 (11)

**Purpose:** The Wellness Policy of Millbrooke Elementary School ensures that all students have the opportunity to integrate physical activity and are encouraged to make healthy choices daily.

**Procedures:** Millbrooke Elementary School will create positive experiences with physical activity for students by providing opportunities for all students one hundred fifty (150) minutes of physical activity per week. Teachers will provide planned, sequential instruction that promotes lifelong physical activity. It will be designed to develop basic movement skills, lifelong sports skills, and physical fitness as well as to enhance mental, social, and emotional abilities.

- Each student will participate in physical education class one week per month.
- Each student will have at least 20 minutes of supervised recess. The school shall provide the space and equipment. Teachers will not be allowed to deprive students of recess but may require other physical activity as a consequence for inappropriate behavior.
- Teachers will make all practical efforts to avoid periods of more than forty minutes when students are physically inactive.
- Accommodations and adaptations will be made for students with special needs.
- All teachers will implement a healthy choice program by reviewing the nutritional standards required by federal and state laws and regulations.
- Teachers will integrate wellness into all areas.
- Students will have an opportunity to participate in monthly fitness club activities as documented on monthly fitness club calendars.

**Evaluation:** The school council shall review the results of the Wellness Policy when the Wellness Committee presents annually during the spring.

First Reading 9/27/2023

Second Reading 10/25/2023