

**Wellness Policy  
Cartmell Elementary School**

**Developed:** August 2, 2005

**Revised:** December 14, 2015

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

- Each student shall receive six weeks of physical education instruction during the school year.
- The school schedule shall include 20 minutes a day of supervised recess, preferably outdoors. The school shall provide space and equipment to make physical activity possible.
- Teachers shall incorporate physical activity into instruction when possible.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- Our school shall assess students' level of physical activity at least once a year using the Presidential Physical Fitness Challenge or another assessment approved by the principal.

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 full core content, including health, consumerism, and physical education.
- The rest of our curriculum shall reflect an integrated concern for wellness, including connections to Science, Social Studies, Math, 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 committee so that the policy can be amended to fit.
- The principal shall share this policy with the Kentucky Department of Education when KDE asks for this information.

Approved \_\_\_\_\_ Date 12-14-15

SBDM Council Chairperson