

G. C. Burkhead Elementary School

SBDM Council Policy

Policy Number 24.00

Physical Activity Plan:

Pursuant to provisions of the KRS 160.345, adding section 11, due to the passing of SB 172, by the 2005 General Assembly, all students shall participate in moderate to vigorous physical activity each day and be encouraged to make healthful choices as follows:

- All students shall participate in a physical education class a minimum of once per week.
- A certified physical education teacher will provide instruction.
- Students shall not be deprived of the physical education class or the physical activity period as a disciplinary consequence, unless a student's participation makes the class period unsafe for other students.
- Our school will use the Physical Education Curriculum Assessment Tool (PECAT) annually to determine scope and sequence to deliver grade level benchmarks of the Kentucky Core Academic Standards (KCAS).
- The physical education teacher shall be responsible for assessing students' level of physical activity at least once per year using the Moderate to Vigorous Physical Activity Assessment (MVPA).
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- All students will have twenty (20) minutes of SOCIAL SKILLS (recreational interaction) each day.
- Homeroom teachers shall supervise SOCIAL SKILLS daily, with the assistance of the physical education teacher, as needed.
- When outside temperatures are above 39 degrees and below 104 degrees heat index, homeroom teachers are encouraged to take their classes outside for social skills.
- Teachers shall make all reasonable efforts to avoid periods of more than 1 hour when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students should be given periodic breaks during which they are encouraged to stand and be moderately active.

Healthful Choice Plan:

We will encourage healthful choices among our students using the following methods:

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

- School parties are limited to a maximum of three (3) per year (fall, winter, spring).
- School parties must be held in compliance with the competitive food rule, at least 30 minutes past the end of the last lunch period.
- To ensure that all foods served to children are safe and sanitary, all items served at school parties must be purchased rather than homemade.
- At least one healthy food and beverage choice is required at each school party.
- In order to decrease disruptions to teaching and learning and ensure student health and safety, student birthdays will be acknowledged with a healthy snack party (provided by the school) the last Friday of every month. July will be included with August and June will be included with May. Outside food will not be permitted as part of the birthday acknowledgements. (examples: cupcakes, cookies, cake, etc.)

School Culture and Community:

- The physical education teacher shall develop and implement at least one school wide health and wellness activity each school year.
- The Family Resource Center Coordinator, in cooperation with the School Wellness Committee and Title I coordinator, will develop at least one health and wellness community event each school year.
- The School Wellness Committee will develop and promote at least one health and wellness program/event for staff members each year.

Policy Implementation:

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

- The principal will share this policy with the Kentucky Department of Education upon request for this information.
- The Coordinated School Wellness Committee (SWC) will report to the SBDM on policies and progress annually at minimum.

Policy Evaluation:

We will evaluate the effectiveness of this policy through our School Improvement Planning Process.

Date Adopted: 2016