

## **Brandenburg Primary School**

### **Wellness Policy**

The Wellness Ad-hoc Committee formulated the Wellness Policy for Brandenburg Primary. The Policy was developed to help our school and staff become more aware of the daily physical and nutritional needs of our students. It will be submitted to our SBDM Council at the September meeting for consideration.

#### **Original Committee members:**

Gloria Bertrand, Principal  
Kim Kessinger, Parent  
Melissa Redmon, Instructional Asst  
Linda Farmer, Counselor  
Sandy Smith, Teacher  
Matthew Pollock, PE/Health Teacher  
Andrea Pike-Goff, Family Resource  
Coordinator

#### **Review Committee members:**

Gloria Bertrand, Principal  
Ilene Aebersold, Parent  
Melissa Redmon, Instructional Asst  
Sandy Smith, Counselor  
Missy Weick, Teacher  
Matthew Pollock, PE/Health Teacher  
Andrea Pike-Goff, Family Resource  
Coordinator

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All students shall be encouraged to participate in physical activity each day as follows:

- Each student shall participate in physical education class 2-3 times per week.
- Each student shall have at least 20 minutes a day of supervised recess, preferably outdoors, during which the school staff shall encourage physical activity.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.
- Every effort will be made to avoid students missing all of their recess time as a consequence of behavior or academic performance.

BPS shall assess students' level of physical activity at least once a year. The council shall select an assessment tool by the start of each school year, and the principal shall develop a schedule for completing the assessment.

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

The provision of this policy shall be implemented to comply with provisions required by federal law, state law or local board policy.

The policy was adopted on 10-10-2005 and reviewed on 3-12-2012 by Brandenburg Primary SBDM.