**Wellness Policy**

[KRS 160.345 (11)]

**Purpose:**

The Wellness Policy of Sinking Fork ensures that all students have opportunity to integrate more physical activity and is encouraged to make healthy choices daily.

**Procedures:**

Sinking Fork will create positive experiences with physical activity for students by providing opportunity for all students to have up to (30) minutes per day or one hundred fifty (150) minutes of physical activity per week. Teachers will provide planned, sequential instruction that promotes lifelong sports skills, and physical fitness as well as to enhance mental, social and emotional abilities.

* Each student will participate in physical education class a minimum of twice a week.
* Each student will have at least 20 minutes of supervised recess. The school shall provide the space and equipment.
* Teachers will make all practical efforts to avoid periods of more than forty minutes when students are physically inactive.
* Accommodations will implement a healthy choice program by reviewing the nutritional standards on a regular basis and not using food as a reward.

Sinking Fork will adopt the physical education assessment tool to assess the physical activity program at the school. The tool must

* Assess how closely the physical education curriculum aligns with the state and national standards for high quality physical education programs.
* Analyze the content and components of the physical education curriculum.
* Assist in identifying changes that are needed in physical education curriculum.

Evaluation:

The school council shall review annually by the March school council meeting the level of student activity and complied data from the assessment tool. This data shall be included as part of the improvement planning process.

First reading

Second reading Approved