Lowe Elementary School SBDM Policy
Wellness Policy

Physical fitness and healthy decision making are crucial to quality of life and the education program for appropriate child development. In order to insure a healthy student population, the school will implement a Wellness program to include the following:

**Goals for Nutrition Education:**
* The practical living/health education Kentucky Core Academic Standards will be taught throughout the school environment.

**Goals for Physical Education/Physical Activity:**
* All students shall participate in a KCAS-based physical education class.
* Every student will participate in moderate to vigorous physical activity each day, not to exceed 30 minutes a day. This will be part of the instructional day.
* Teachers shall make a reasonable effort to avoid long periods when students are physically inactive by providing classroom physical activity.
* Physical activity will be positively promoted.

**Goals for Nutrition Promotion:**
* The school will regularly provide opportunities for all students to become health-literate by practicing nutrition education skills that establish, promote and support health-enhancing choices.
* The school will provide an environment of scientifically based nutrition messages throughout the school, and in school marketing that will be consistent with nutrition education and promotion.

**Goals for other School-Based Activities to Promote Student Wellness:**
* Teachers will communicate with families regarding appropriate classroom celebration guidelines.
* When food/beverages items are used as rewards, items that do not comply with nutritional guidelines set out in Kentucky Administrative Regulation shall not be served until 30 minutes after the the close of the last lunch period (JCBE policy 07.111: Competitive Foods)
* In an effort to promote healthy food choices, visitors are asked to refrain from bringing their child fast food lunches to school, and to consider enjoying the healthy offerings and drinks in the cafeteria. Another option would be to bring a healthy lunch.

**A Plan for Measuring implementation:**
* Lowe is implementing the district level wellness policy via a school-level wellness policy that is reviewed annually. The strategies for school wellness are included in the
CSIP and are aligned with the practical living program review standard 4, demonstrator 1, characteristics i and f.

* Per KRS 160.345, the school council will annually evaluate the student physical activity environment, including the amount of time types of physical activity provided at Lowe. The results of the assessment will be presented to the SBDM council for review.

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SBDM Council Chairperson: Austin Allain