

SCHOOL WELLNESS POLICY
OWEN COUNTY HIGH SCHOOL
“Opportunity, Commitment, Honor, Success”
LE-2015-1

The Owen County HS SBDM Council recognizes the value of nutrition, exercise and mental health as part of a balanced educational experience for all students. We support the inclusion of these important parts of a well-rounded life, and offer the following core guidelines for that support:

Policy Statement

1. Each student shall participate in Physical Education as allowed through the master schedule.
2. Teachers shall make all reasonable efforts to avoid periods of more than 30 minutes when students are physically inactive. When possible, physical activity should be integrated into learning activities. When that is not possible, students shall be given periodic breaks during which they are encouraged to stand and be moderately active.
3. Each student shall be exposed to the entire PL/CS curriculum including health, nutrition, and consumerism as allowed through the master schedule.
4. Appropriate accommodations will be made for students with special needs, as required by law and sound professional judgment.
5. Our school shall implement the nutritional standards required by federal and state laws and regulations.

Healthy Choice Plan

We will encourage healthy choices among students using the following methods:

1. Implementing 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.
2. Implementing a practical living curriculum, which addresses the standards for health education, physical education, and consumerism.
3. Integrating all content areas by making connections to health and wellness and by incorporating movement-based activities when possible.

The Principal's Role

The Principal shall:

1. Support a schedule that allows for required physical activity.
2. Monitor requirements of policy to ensure it meets federal and state guidelines.
3. Report the results of the wellness assessment, including the BMI percentile data to the council annually.

The SBDM Council's Role

The SBDM Council shall:

1. Support a schedule allowing for PL/CS Curriculum and Physical Education.
2. Monitor requirements of the policy as required by law.
3. Discuss results of report and decide if wellness goals need to be added or revised in the CSIP

POLICY EVALUATION

Our Physical Education teacher shall assess the BMI and fitness of all students enrolled in Health/PE and other PE courses offered. This measurement, measuring body composition (BMI/Body Fat Calculation), muscular strength/endurance, cardio-respiratory endurance, and flexibility once at the beginning of the course and once at the end. Findings of student growth and overall fitness will be monitored year to year and will be shared with the SBDM for the purpose of considering wellness progress and goal setting (CSIP) from year to year.

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

Date Adopted:

Date Reviewed or Revised: _____ Council Chairperson's Initials _____

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