

Killearn Lakes Elementary Wellness and Health Policy

Adopted April, 2018

Research shows that good nutrition and physical activity, before, during, and after school are strongly correlated with positive student outcomes.

This policy outlines the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity throughout the school day.

In accordance with the Leon County Wellness Policy-8510, Killearn Lakes Elementary has established the following policies and procedures in an effort to enable students and staff to make good health and nutrition choices:

Nutrition

- All food and beverages served and/or sold to students and staff during the regular day or extended school day meet or exceed the USDA's Smart Snacks in Schools nutrition standards. These standards can be viewed at: www.fns.usda.gov/school-meals/nutrition-standards-school-meals
- Students receive quality nutrition education that helps them develop lifelong healthy eating habits through our Physical Education curriculum.
- School engages in nutrition and physical activity promotions and other activities that promote student wellness including Boosterthon Fun Run, newsletters, and nutrition education.
- Everyone is encouraged to practice healthy nutrition and physical activity in and out of school. Examples include Girls on the Run (GOTR) club, Taekwondo, Physical Education Mile Clubs, gymnastics, dance, and cheerleading.
- School employees encourage student to make healthy snack choices.

Physical Education/Health Education

- Our students receive 150 minutes of physical activity as mandated by Florida State law. All students participate in at least two Physical Education classes per week and receive daily recess. Students also have the opportunity before school for additional physical activity opportunities.
- All teachers in all grades promote physical activity, including online fitness, brain breaks, recess, daddy/daughter dance, Relay for Life, PE Mile Clubs and Boosterthon Fun Run events.
- Our school does not withhold physical activity or physical education class as punishment.
- A wellness committee will be established each year and will meet on a regular basis throughout the school year. The wellness committee will be composed of teachers, administrators, and parents.