

Killearn Lakes Elementary Wellness and Health Policy

Adopted February, 2016

Research shows that two components, 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 behaviors throughout the school day while minimizing commercial distractions.

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 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 behaviors through our Physical Education curriculum.
- School engages in nutrition and physical activity promotions and other activities that promote student wellness including Boosterthon Fun Run, communicators in our newsletters, and through a nutrition education unit in Physical Education classes.
- School staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school; such as the Girls On The Run (GOTR) club, CHP Champions program, Taekwondo, Physical Education's Mile Clubs, and cheerleading squad.
- School employees encourage student healthy snacks choices.

Physical Education/Health Education

- Our students receive 150 minutes physical activity as mandated by Florida State law. All students participate in two Physical Education classes per week and receive developmental play during the school day. Students are also encouraged to come before school for activities on our basketball courts, jogging trail and other physical activity each day for 25 minutes.
- All teachers in all grades promote physical activity, including online fitness, brain breaks, recess, daddy/daughter dance, skate nights, PE Mile Clubs and Boosterthon Fun Run events.

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- Our school discourages using physical activity and withholding physical education class as punishment. Administration ensures this prohibition is consistently followed.
- 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, parents and students.