

SBDM Policy
Policy Statement

Hite Elementary Wellness Policy

Social and emotional wellness, 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:

- *- coordinated school health committee
- * daily moderate to vigorous physical activity (up to 20 to 30 minutes) beyond the regular PE class
- * use of an assessment tool (physical fitness test) to measure individual student fitness annually and inform students, parents, and teachers of results
- * education program to improve lunch and snack choices by students and parents
- * review and make necessary changes to a la carte choices in the food service program
- * implementation of voluntary fitness programs open to staff, students, and parents
- * Counselor guidance classes

Daily moderate to vigorous physical activity can be achieved by a variety of means, including but not limited to:

- ^ classroom exercise program (DVDs, CDs, fitness websites)
- ^ classroom games that incorporate movement
- ^ organized games
- ^ use of playground and fitness trail equipment
- ^ preparation for the Mile Run, Cluster Track Meet
- ^ transition movement activities
- ^ Jump Rope for Heart

Information will be shared with community through:

- ^ school, PTA, and class newsletters
- ^ broadcast features
- ^ lunchroom facts (signs on tables, posters)
- ^ healthy alternatives to snacks provided by school

Each fall the principal shall report to the council the status of implementation of the Wellness program and results of fitness assessment.

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Signature: 
(SBDM council chairperson)