

SIMMONS WELLNESS POLICY



OVERVIEW

Simmons Elementary shall have a Wellness Committee which exists to promote and monitor wellness programs within the school as follows:

- Simmons Wellness Committee will meet at least 2 times per year.
- The Wellness Committee will report to the District Wellness Committee at least one time per year.
- The Wellness Committee will focus on physical activity, healthy choices including nutritional, and mental wellness.
- The Wellness Committee will review the school's Action Plan at least one time per year.

PHYSICAL ACTIVITY PLAN

Simmons Elementary shall encourage moderate to vigorous physical activity each day as follows:

- Each student will participate in physical education for a minimum of 55 minutes per week.
- Each student will engage in at least 30 minutes per day of supervised wellness time, preferably outdoors, during which the teacher shall encourage moderate to vigorous physical activity each day.
- Class work time cannot be used as a replacement for wellness time.
- Students shall not be deprived of physical activity as a consequence for behavior or academic performance. If punishment is needed, walking will be substituted.
- Teachers are encouraged to promote physical activity within learning activities in the classroom. Sitting for longer than 60 minutes without a physical break is discouraged.
- Appropriate accommodations shall be made for students with special needs to promote safe and appropriate physical activity.

ASSESSMENT TOOL

Simmons Elementary shall assess students' level of physical activity at least once a year as follows:

- The physical education teacher will be responsible for developing and administering a monthly assessment for each class as documented in lesson plans.
- The physical education teacher will post the assessment and fitness data with the Wellness Committee and post in the hallway each month.

HEALTHY CHOICE PLAN

Simmons Elementary shall encourage healthy choices among students using the following methods:

- Simmons Elementary shall implement the nutritional standards as required by federal and state laws and regulations.
- Simmons Elementary prohibits restaurant/fast food and caffeinated drinks (including, but not limited to energy drinks, soft drinks and soda) brought into the school during lunch periods.
- Teachers are encouraged to reward students with non-food items such as special activities or privileges.
- Healthy food choices shall be included in classroom parties and school events
- Healthy choices shall be promoted throughout the school year using various methods including family fun nights and Wellness Wednesdays

SOCIAL EMOTIONAL/MENTAL HEALTH PLAN

Simmons Elementary will promote Mental/Social Emotional Wellness as follows:

- All teachers will include character education through their regular instruction. District and school SEL lessons and activities will be followed as indicated by the Curriculum Map.
- Guidance classes will occur a minimum of monthly. If a need arises, this will happen more frequently.

Guidance counselor(s) and other mental health professionals will facilitate individual and small group guidance sessions based on student need.

POLICY EVALUATION

We will evaluate this policy through our annual policy review process.

Adopted - August 29, 2022

Amended - January 30, 2023