



Code No. 507.9R3

## **OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS**

### **Integrating Physical Activity into Classroom Settings**

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities.

- Encourage students K-6 to participate in Mileage Club. It is a walking program for 8 weeks.
- Implement “SWITCH” program for grades 4-5. It is an evidence based obesity prevention program to help students adopt healthy life styles in both school and home.
- To provide staff with a list of alternative ways to reward students.
- To encourage students to bring and carry water bottles filled with water throughout the school day.
- Having drinking water available daily where school meals are served.
- Strive to provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch.

### **Staff Wellness**

The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. This can be accomplished by:

- developing and promoting a plan to promote staff health and wellness developed by the staff wellness committee; and,
- base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.
- To form a staff wellness committee to encourage and promote health wellness.