

DAILY PHYSICAL ACTIVITY

The Board recognizes the developmentally appropriate daily physical activity, exercise and physical education are ways to minimize health risks created by chronic inactivity, childhood obesity, and other related health problems. The Board encourages students and staff to participate in developmentally appropriate physical activity and exercise at least 30 to 60 minutes each day as a way to minimize these health risks. The Board encourages the following practices:

1. Encourage parents/guardians to support their children's participation in enjoyable physical activities and recognize that parents/guardians act as role models for active lifestyles.
2. Support special programs such as student and staff walking programs, family fitness events, and events that emphasize lifelong physical activity.
3. Integrate health and physical activity across the school curriculum.
4. Encourage student-initiated activities that promote inclusive physical activity on a school wide basis.
5. Establish relationships with community recreation and youth sports programs and agencies to coordinate and complement physical activity programs.
6. Encourage physical activity recess periods.
7. Commit adequate resources that include program funding, personnel, safe equipment, and facilities;
8. Students are expected to go outside for daily recess, weather permitting, with "real feel" being 15 degrees and above.

The District's Wellness Committee (formed pursuant to Board policy JLCF - Wellness) is charged with monitoring the implementation of this policy. At least as frequently as the Triennial Assessment required under Section II.C of JLCF, the Wellness Committee will report to the Superintendent with recommendations for how to advance the objectives stated above. The Superintendent will review the recommendations and report the same to the Board.

Mr. Robert DeColfmaeker, Chair
Mr. Bob Ouellette, Vice Chair
Mrs. Mary Collins
Ms. Heather Wilcauskas
Mrs. Sandra Taliaferro

Adopted by the Board: 15 April 2009
Reaffirmed by the Board: 16 May 2012
Revised by the Board: 7 July 2020
Approved by the Board: 16 May 2023
Approved by the Board: 1 July 2025
Page 1 of 1