

# SCHOOL HEALTH ADVISORY COUNCIL



CONCORDIA CHARTER SCHOOL, INC. 11/20/2019

Wednesday, November 20, 2019 2:30 pm, Cafeteria

## Meeting Agenda

- Roll Call
- Updates (5 minutes)
- Work Teams (15 minutes)
  - Staff Wellness Projects: Brainstorm monthly activities, starting in January. What resources are needed for each? What do we like/want changed on Walk the Talk Newsletter?
  - Physical Activity: Are we meeting our goals for PE, Recess, and Brain Breaks? What can we do to improve? What resources are needed?
- Report to Group (10 minutes)
- Adjournment

## Physical Education & Physical Activity

- Physical activity during the day (including, but limited to recess, classroom activity breaks, or physical education) will NOT be used or withheld as punishment for any reason.
- Inventories of physical activity supplies and equipment will be accessible to staff and students and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity for as many students as possible

### Recess

- All students will receive at least **40 minutes** of recess daily, independent of physical education classes
- Recess will be offered outdoors when weather is feasible
- Recess monitors will encourage student to be active and will serve as role models by being physically active along with students, when feasible
- To the extent practicable, the district will ensure that its grounds and facilities are safe and that equipment is available for all students to be active

### Activity Breaks

- Students will be offered periodic opportunities to be physically active or to stretch throughout the day on all or most days during a typical school week
- Instructional staff will be provided resources, tools, and technology with ideas for classroom physical activity breaks

### Physical Education (PE)

- All students in each grade will receive PE for 25 minutes per week
- PE will promote student physical fitness through individualized fitness and activity assessments (via the Presidential Youth Fitness Program or other appropriate assessment tool)
- Students will be moderately to vigorously active for at least 50% of PE class time during most or all sessions
- PE instructional staff will participate in at least one professional development opportunity annually

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### Other School-Based Activities that Promote Student Wellness

- The school will implement the following strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors:
  - Instructional staff will lead and model positive FFVP distribution, consumption, and education
  - All staff will avoid the consumption of unhealthy food and drinks (soda, chips, candy, fast food) in the presence of students
  - Staff will be encouraged to participate in employer-sponsored programs that provide mutual accountability and recognition for specific health goals (i.e. step-counting, weight loss, smoking cessation, workout participation) throughout the year
  - Monthly staff wellness newsletters will be distributed to promote health and wellbeing