

**POLICY 26.00**  
**East Carter High School Wellness Policy**

**Purpose**

The purpose of the school wellness policy is to ensure that all students at East Carter High School are provided with a safe and healthy environment that promotes wellness through high quality health education and physical education to enrich student learning and ensure success. We believe student health is closely associated with academic achievement, attendance rate and behavior supports thus our students need to be striving for healthy lifestyles in order to truly be prepared for “college and career readiness.”

**School Committee**

East Carter High School maintains a Coordinated School Health Committee as evidence of the PLCS program review expectations. Our CSH Committee serves as a resource to create, strengthen and support school policy on the promotion of student health and wellness. This committee will report to the SBDM a minimum of twice a school year to provide updates on school progress of implementation of this policy and other CSH programs.

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**Policy/Systems**

- ECHS will implement the district wellness policy and provide feedback to the district regarding its progress annually.
- ECHS wellness council/committee will recommend new or revised health or wellness policies and activities to the district.
- ECHS has an active wellness council/committee that will meet at least every other month during the school year (Sept., Nov., Jan., Mar.).
- Parents and guardians have the opportunity to provide input to the implementation of wellness policy activities.
- Students have the opportunity to provide input to the implementation of wellness policy activities.
- The wellness policy implementation at the school level is communicated annually to school staff, students and families.
- ECHS wellness goals are integrated into the overall Comprehensive School Improvement Plan.

**Health Education**

- Health education is taught by certified teachers in health education. Comprehensive health education is required for .5 credit for high school graduation.
- Healthy education instruction is aligned to the national/state health education standards.
- Health education curriculum and instructional strategies meet the diverse needs and interests of all students.

- Healthy eating and physical activity messages are integrated into at least two other subjects to reinforce what is taught in health education.
  - All teachers who teach health education receive annual professional development on effective practices for health education, including healthy eating and benefits of physical activity, for a minimum of six contact hours.
  - The health education teacher will begin implementing the CDC's Health Education Curriculum Analysis Tool (HECAT) healthy eating and physical activity modules to enhance, develop or select an appropriate and effective health education curriculum.
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### **Physical Education**

- Physical education is taught by a certified physical educator at all grade levels.
- Instruction is based on a written and sequential curriculum that is aligned to the national/state physical education standards.
- Physical education instructional strategies and other practices meet the diverse needs and interests of all students.
- Requires all students at the high school level to participate in physical education for the equivalent to .5 credit.
- Allows students of all grades to enroll in additional physical education.
- Student/teacher ratio in physical education is comparable with other classes at all grade levels.
- Students are engaged in moderate to vigorous physical activity at least 50% of physical education class time.
- Physical education classes are appropriately modified or adapted to promote the participation of all students, in particular students with chronic health conditions and/or special needs.
- All teachers who teach physical education participate in annual professional development on effective practices for physical education for a minimum of 6 contact hours.
- The physical education teacher will begin utilizing the CDC's Physical Education Curriculum Analysis Tool (PECAT) to enhance, develop or select an appropriate and effective physical education curriculum.

### **Student Wellness**

- School utilizes community resources to provide physical activity and/or nutrition education opportunities before or after school.
  - School connects students and families with physical activity opportunities in the community.
  - School policies and practices support that physical activity is not used for or withheld as punishment for students.
  - School offers a walking club before the school day for all grades.
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## **Employee Wellness**

- A school employee wellness leader or committee will be identified.
  - A school employee wellness needs or interest assessment will be conducted yearly with staff.
  - School staff will have opportunities to participate in physical activities and/or healthy eating programs.
  - District insurance coverage provides obesity prevention and treatment services for staff (Humana Vitality).
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Date reviewed: June 2017