

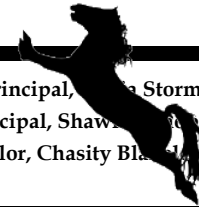
Wayland Alexander Mustangs



Wayland Alexander Elementary
Oakwood Drive
Cincinnati, Kentucky 45237
(270) 298-3462

Model the way you want to be treated
Use your manners

Think before you act
Accept responsibility
Never give up
Give your best effort
Show others respect



Principal, *Shawna Storm*
Assistant Principal, *Shawna Storm*
Guidance Counselor, *Chasity Bl...*

Wayland Wellness Policy

Wayland's faculty and staff shall promote and encourage moderate to vigorous physical activity during the instructional day by implementing the following:

- Each student shall participate in Physical Education class at least once per week.
- Each student shall engage in 10 minutes of physical activity throughout the school day on the days he/she is not in Physical Education class.
- Teachers shall make all reasonable efforts to avoid periods of more than 40 minutes when students are physically inactive.
- Appropriate accommodations shall be made for students with special needs, as required by law and sound professional judgment.

Our school shall assess students' level of physical activity once per year by taking part in the Fitness Gram fitness test. This includes a variety of fitness tests designed to assess cardiovascular fitness, muscle strength and endurance, flexibility and body composition.

Our school shall encourage healthy choices among students using the following methods:

- Our school shall implement the nutritional standards required by federal and state laws and regulations. Those rules apply to our food program and to other food and beverages available during the school day.
- Our school will promote healthy snacking.
- Our school prohibits the sale of beverages that are not 100% fruit or vegetable juice during the instructional day and prohibits food items that do not meet the suggested federal nutritional value of healthy snacks.
- Our school shall offer Wayland Walkers through the Family Resource Center. This voluntary program provides opportunities for students and families to participate in a walking program. The FRC will also offer educational opportunities involving fitness/wellness periodically.
- The Wayland FRC will host an annual Health Fair. Community health partners will be invited to provide health activities and information for students in grades 3 to 6.

SBDM approved 1st reading: 8/10/12
2nd reading: 9/14/12
Revisions: 10/10/14

Motto: Every Person, Every Day, Working Together in a Proficient Way