

<i>Comments:</i>	
Physical Education/Activity	
Elementary schools shall offer at least 20 minutes of recess on all or most days during the school year (early dismissal/late arrival days are exempt).	3
Outdoor recess shall be offered weather permitting, unless temperature is below 32 degrees or it is storming.	3
Recess monitors/teachers shall encourage students to be active during recess.	3
Teachers shall incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible.	2
Teachers shall offer short (3-5 minute) activity breaks throughout the school day. Resources and ideas are available through http://minds-in-bloom.com/20-three-minute-brain-breaks/ .	2
Schools shall provide physical activity opportunities for all students before or after school.	2
Activities include physical activity classes/clubs, physical activity in aftercare, intramurals, and varsity sports. District facilities shall be made available to students and community members. To rent or reserve space community members can reach ut to	2
All District elementary students in each grade shall receive at least 60 minutes of physical education per week throughout the school year.	3
All District middle school students in each grade shall receive at least 40 minutes of physical education per week throughout the school year.	3
In health education classes, the District shall include topics of physical activity, including: the physical, psychological, or social benefits of physical activity; how physical activity can contribute to a healthy weight; how physical activity can contr	3
<i>Comments:</i>	
Other School Based Wellness Activities	
Organization of employee physical activity clubs.	1
Establishment of peer support groups for weight management, stress management, tobacco-use cessation, family guidance, and other identified issues.	1
Encouragement of staff members to set medical appointments for screening for cancer, heart disease, diabetes, and other diseases.	2
On site Flu Shot Clinics	3
High School Gym and Weight Room Access for Staff	2
Rally program to encourage staff to make healthy decisions	3
The District shall offer at least one family-focused events supporting health promotion (e.g., health fair, nutrition/physical activity open house) each year (HOPE Hoopla – listed below)	3
HOPE partners with dental agencies to provide on site cleanings to students	3
<i>Comments:</i>	
Policy Monitoring and Implementation	
The Wellness Committee shall evaluate compliance with the Wellness Policy no less than once every three years.	3
The District shall notify school staff, students, and households/families of the availability of the wellness report via newsletters and website postings. The report will be made available at https://hopeschools.org/	3
The District wellness policy shall be updated as needed based on evaluation results, District changes, release of new health science information/technology, and/or issuance of new federal or state guidance.	2
<i>Comments:</i>	