

this wellness policy. (Appendix A) The school shall discourage using food as a reward. (Appendix B)

Bethlehem shall encourage serving healthy food at school parties. Notices shall be sent to parents reminding them of the necessity of providing healthy treats for students and the use of non-food treats for birthdays and award celebrations. (Appendix C)

Bethlehem shall encourage healthy fundraisers as alternatives to fundraising that involves selling food items of limited nutritional value. (Appendix D)

Physical Education and Physical Activity Opportunities:

Developmentally appropriate physical education shall be offered every year to all students. In addition, physical education topics shall be integrated into the entire curriculum when appropriate. Bethlehem shall implement a quality physical education program that addresses the following:

Curriculum:

- Equip students with the knowledge, skills, and attitudes necessary for lifelong physical activity
- Has a curriculum that promotes Christian standards and values as written in Holy Scripture
- Influences personal and social skill development

Instruction and Assessment:

- Aligns curriculum, instruction and assessment
- Builds students' confidence and competence in physical abilities
- Engages students in curriculum choices that prepare them for a wide variety of lifetime activities
- Includes students of all abilities
- Is taught by highly qualified teachers
- Keeps all students involved in purposeful activity for a majority of the class period

Opportunity to Learn:

- Builds students' confidence and competence in physical abilities
- Has a student-to-teacher ratio consistent with those of other subject areas and/or classrooms
- Has enough functional equipment for each student to actively participate
- Includes students of all abilities
- Offer instructional periods totaling 120 minutes per week
- Provides facilities to implement the curriculum for the number of students served

In addition, Bethlehem will offer daily opportunities for unstructured physical activity, commonly referred to as recess, for all students Pre-K through grade eight. Recess should be in addition to physical education class time and not a substitute for