



REGIS MIDDLE SCHOOL

2016 - 2017

HEALTHY KIDS INFORMATION & CONTRACT

Healthy Kids Act Student Physical Activity/CPR Information

Background – In 2008 the Iowa Legislature passed a law known as the Healthy Kids Act. There are three aspects to the law designed to improve the health of Iowa’s youth: 1) a physical activity component, 2) detailed nutritional guidelines and 3) students receive CPR training. Compliance with the rules will be checked at DE site visits. The adopted rules are available electronically at: <http://www.legis.state.ia.us/aspx/BulletinSupplement/bulletinListing.aspx>.

Physical Activity Requirements – The law requires that all students in grades K-5 in all public and accredited non-public schools engage in 30 minutes of physical activity each school day. In grades 6-12 students must engage in 120 minutes of physical activity each week. The definition of “physical activity” is up to the school.

- A. **Specific Requirements Grades K-5** – As stated above, all students in grades K-5 must participate in 30 minutes of physical activity each school day. This can be accomplished in many ways including Physical Education classes, recess (total time per day), classroom activities, and before and after school, non-school sponsored activities. The master schedule can serve as documentation. It is not necessary to maintain a log for each student.
- B. **Specific Requirements in Grades 6-12** – All students in grades 6-12 must participate in 120 minutes of physical activity each week. This can be accomplished through any combination of Physical Education/Wellness classes, recess (where it is offered), classroom activities, school sponsored athletic co-curricular programming, fine arts co-curricular programming involving physical activity (cheerleading, show choir, marching band etc.) as well as non-school sponsored activities. Non-school activities can include work at home or on the farm. It is likely that PE classes at the middle school level may be able to accomplish much of the required time. It is possible to contract with students (and their parents) for the physical activity piece as needed. A template contract is found below. If the contract is used it must be revised to list all eligible school activities.

CPR Requirement – Beginning with the Class of 2012 students must have participated in a CPR training program. This program must be of the kind that can lead to CPR certification. Achieving certification status is not required of the students. The unit can be taught by non-school staff but if taught at school there needs to be a certified teacher in the room with the CPR instructor. Online training is not acceptable. This training can be fulfilled before the student is enrolled at the high school. Documentation requirements are not yet available. The bottom line is that beginning with the Class of 2012 CPR training is required. *This training will be provided for students at Xavier.*

Nutritional Guidelines - There are requirements for nutritional components that go into effect the 2010-2011 school year. Regis Middle School complies with all of the new nutritional guidelines.