

Council Bluffs Community School District
INDIVIDUAL STUDENT PHYSICAL ACTIVITY AGREEMENT 2009-2010

Student name: _____

Grade: _____

Physical activity requirement: The Iowa Legislature enacted “the Healthy Kids Act,” requiring that all students in grades 6-12 engage in physical activity for a minimum of 120 minutes per week in which this requirement through PE class alone. Therefore, each student shall complete this Agreement. The law requires that we monitor how students fulfill this requirement.

Physical Activity means “any movement or exertion of the body that can lead to improved levels of physical fitness and quality of life.” Students may meet the requirement by participation in the following activities including, but not limited to:

- Physical education class
- Interscholastic athletics as basketball, football, tennis, or track sponsored through the school
- School sponsored marching band, show choir, dance, cheerleading, or similar activities
- Similar activities that involved movement or exertion of the body, such as an individual exercise program, body building activities, physical activity associated with a student’s part-time job or chores at home.

This form is intended to verify compliance with the Healthy Kids Act of 2009, which was passed by the Iowa Legislature in 2009 and is in effect beginning with the 2009-2010 school year. **ALL Council Bluffs high school students must have a completed and signed form on file!**

EXAMPLE ONLY

First Semester August – December 18			Second Semester January 4 – May 19		
Activity	Approx. Start/End Dates	Hours per week	Activity	Approx. Start/End Dates	Hours per week
Football	8/10-10/28	10 hours +	PE – Daily	1/4 – 5/19	2 hours +
Jogging	10/28 – 11/12	2 hours			

Please fill out the items below, sign (both student and parent/guardian), and return to the school by Friday, October 30th, 2009. If you have any questions, call your building principal.

First Semester August – December 18			Second Semester January 4 – May 19		
Activity	Approx. Start/End Dates	Hours per week	Activity	Approx. Start/End Dates	Hours per week

Signed: _____
 (Student)

Date: _____

Signed: _____
 (Student’s Parent/Guardian)

Date: _____

Signed: _____
 (Student’s Designated Teacher or Counselor)

Date: _____

Council Bluffs Community School District
Proposal for Implementation of Healthy Kids Act
Physical Activity Requirement
09/21/09

Requirements:

Elementary and Middle School Students (K-8) – Minimum of 30 minutes of physical activity per DAY at school. Students can receive their physical activity through a combination of recess, PE, classroom and other activities Elementary and Middle School master schedules need to be gathered that show documentation that all students meet the requirement of the Healthy Kids Act.

High School Students – Minimum of 120 minutes of physical activity per WEEK all year. Students do NOT have to complete all their minutes at school. If the students do not meet this requirement at school, they will enter in to an agreement with the school district. The agreements serve as documentation of compliance.

Proposal of Implementation:

- **Because of the semester waiver, all students will need to meet part of the 120 minute per will requirement during the year by using one or more nonschool activities. Therefore, district shall enter into a written agreement with all students. The contract as outlined, will include the following:**
 - **State the nature of the activity**
 - **Starting and ending dates of activity**
 - **Provide sufficient information about the duration of time of the activity each week**
 - **Signed by student's PE teacher, counselor or principal's designee.**
 - **Signed by at least one parent/guardian regardless of the age of the student**
 - **Signed by the pupil**
 - **Effective one school year**
 - **No limit to the number of agreements for any pupil**
- **In the future, the forms can be attached to the registration process or administered through Advisory groups, teams, homeroom, etc. according to the building plan.**
- **For the 2009-2010 school year, the district will provide a form letter and Physical Activity Contract for the buildings to distribute to all students/parents to complete and return. Each high school needs to plan the best way to accomplish this task through PE, advisory group, selected hour class, office procedure, etc.**
- **Students return the form to be filed by class or group. They do NOT have to be filed in the individual cumulative folders. Tracking is managed at the building plan. Rosters with completion information will be our compliance documentation.**
- **If a student changes the plan, i.e. drops out of school-sponsored athletics or other activity, then the parent is responsible for notifying the person who was responsible for collecting and filing their child's contract (Part of the tracking process identified by the building plan.)**
- **If a student's parents or guardian files a written statement with the school principal that the physical activity requirement conflicts with the student's religious beliefs, then the school shall not require the performance of such activities.**
- **PE exemptions remain in place.**
- **If a student does NOT return their form by the designated due date teachers need to turn in the names to the office so that an administrative assistant can follow up and resend via mail if necessary. If the form is still not returned, document attempts made on a blank form and file.**