

WELLNESS POLICY

The District is committed to providing a school environment that enhances the learning and development of lifelong wellness practices. To that end, the District promotes actions, behaviors and learning that create a healthy and safe environment for all students, faculty and staff.

It is the School Committee's goal to promote all students' physical, emotional, and social well-being through a coordinated school wellness program. Coordinated school wellness improves students' health and their capacity to learn. At its very core, coordinated school wellness is about keeping students healthy over time, reinforcing positive behaviors and good decision-making, and making it clear that good health and learning go hand in hand.

It is the intent of this policy to promote opportunities that will enable students to become independent, lifelong learners who will practice healthy behaviors and choices. This approach includes, but is not limited to: providing a healthy and safe environment supported by school nursing and other related health services; nutritious school meals; guidance and social and emotional support services; a comprehensive, coordinated health education and physical education program; and other opportunities for physical activity.

Furthermore, it is the Committee's expectation that specific actions will take into account the health needs and well-being of all children without discrimination or isolation of any child. It is the District's belief that education along with open and informative communication is vital to the establishment of a learning environment that reduces risks and increases protective factors. In order to enhance students' awareness and consideration of self and others' well-being, it is the intent of the Committee that this policy reflects a commitment to the development of the whole child throughout the child's tenure in the District.

LEGAL REFS.: [Child Nutrition and WIC Reauthorization Act of 2004](#)
[Section 204 of Public Law 108-265](#), reauthorized in 2010

Voted: June 20, 2017