



STUDENT AND STAFF WELLNESS

We believe wellness, among staff and students, is achieved individually by making wise choices every day. Therefore, the District shall provide education and services designed to promote healthy choices and practices relative to nutrition, physical fitness, and lifelong wellness.

Our goal is for each person to take responsibility for his or her own health. A key indicator of the effectiveness of our educational programs in Health, Nutrition, and Physical Education is the extent to which staff and students adopt personal practices that apply what is learned. Relevant data shall be collected and analyzed relative to the results of fitness and wellness practices.

Family and Community Outreach

The district will utilize outreach strategies to encourage families and community stakeholders to reinforce and support health and well being; including, but not limited to, healthy eating and physical activity for students and adults.

Coordination

Coordination of Student and Staff Wellness activities, including operational responsibility for ensuring that wellness and wellness related policies are implemented, and for establishing a plan for measuring the effectiveness of the policy, shall be the responsibility of the Superintendent or designee.

Policy Adopted: June 6, 2006

See also:

- [3551 - Nutrition Education and Food Services](#)
- [5141.3 - Child Health and Disability Program](#)
- [6142 - Health Education](#)
- [6146 - Physical Education and Fitness](#)

Administrative Regulation: [Student and Staff Wellness](#)