

Wellness Policy

Introduction

The School recognizes the importance of student health through nutritious eating habits and physical activity and knowledge about such. Research suggests that there is a positive correlation between a student's health and the ability to learn. The School shall promote and support student health and wellness and create a positive, safe, and health-promoting learning environment to help all students achieve personal, academic, developmental and social success.

The following policy outlines the School's procedures and establishes goals to ensure a healthy environment is developed and maintained.

Wellness Committee

The School will form a committee to further the goals listed in this policy. The committee may include, parents and caregivers, students, representatives of the school nutrition program, physical education teachers, health education teachers, school health professionals, social service staff, administrators, board members, health professionals or any other interested stakeholder that is aligned with the goals of the policy. The committee shall meet a minimum of four times per year. The committee shall document each meeting and all efforts to review the policy at each meeting.\

The Wellness Policy will be reviewed and updated at least every three years. The wellness committee shall evaluate compliance with the policy, how the policy compares to model wellness policies, and progress in attaining the goals of the policy. The assessment shall be posted on the School's website.

Implementation and evaluation

The School shall develop, implement, monitor, review, and, as necessary, revise School nutrition and physical activity policies to promote student wellness.

The School Leader will ensure implementation and compliance with established nutrition and physical activity wellness policies.

The School Leader shall ensure that the policy is posted on the School website and distributed to families.

The School Leader shall publish revision or updates to the policy.

Nutritional goals

Where applicable, nutrition education shall be a part of health and physical education classes and integrated into other subject areas when connections to the curriculum can be developed.