

Wellness Policy

Our District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed by the health and wellness advisory council that includes teachers, parents, administrators, and the district nurse.

Sharing the Message of Wellness

One of our goals is to share the message of nutrition and wellness via our department's Web site that emphasizes the importance of nutrition AND fitness. Our site provides information on the nutrition and fitness for teachers, parents, and students, as well as, a variety of learning tools.

Key Areas of our Wellness Policy

Balance is essential for any Wellness Policy. Key areas include:

- Nutrition Education
- Physical activity
- Other school-based activities that are designed to promote student wellness.

Join the Wellness Committee- Contact your School Principal or Food Service Manager to become part of your School Wellness Team!!