

## 5205 Wellness

The District uses a coordinated whole school, whole community, and whole child approach to promote a District-wide healthy learning environment. Wellness is a foundation for engaged learning which encompasses physical, mental, emotional, and social health of students. Therefore, the District promotes a wellness culture emphasizing good nutrition, health and physical education, physical activity, and mental health.

Increasing evidence supports schools are more effective in preventing long-term health problems when working together with students, staff, parents, and the community. Healthy eating habits along with physical activity are essential for students to reach their academic potential, full physical and mental growth, and lifelong health and well-being. As students are in schools for a substantial portion of the day, school districts have a responsibility to help students establish and maintain lifelong healthy and enjoyable eating and physical activity patterns while creating an environment supporting their overall well-being.

School Principals, with oversight from the Deputy Superintendent, are responsible for the implementation of this policy and the corresponding regulations to ensure compliance.

ADOPTION DATE: Adopted August 28, 2006; Revised May 11, 2021; Minor Revisions November 14, 2023; Minor Revision February 27, 2024

LEGAL REFERENCE(S):

CROSS REFERENCE(S): District Strategic Plan

ADMINISTRATIVE REGULATION: