

# Wellness Policy

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

## Sharing the Message of Wellness

One of the goals is to share the message on the importance of nutrition and wellness via our website to emphasize the importance of nutrition AND fitness. Our food service site provides information on the menu and links to information about fitness as well as other learning tools.

## Key Areas of our Wellness Policy

Balance is essential for any Wellness Policy. The key areas include:

- Nutrition Promotion
- Nutrition Education
- Physical Activity
- School Based Activities that Promote Student Wellness

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