

***Policy Type: Results***

**Wellness**

Students will develop and maintain habits that contribute to personal wellness.

Students will:

- 4.1 Feel a sense of belonging and connection in their school community.
- 4.2 Maintain a healthy body.
- 4.3 Understand their emotions and cope effectively with stress.

Adopted: 1/12/16

Revised: 2/9/16

Revised: 5/24/16

Revised: 9/27/16

Revised: 1/22/19

***Monitoring Method:***            ***Internal report***  
***Monitoring Frequency:***    ***Annually***