



Policy Component: Other School-Based Activities designed to Promote Student Wellness

District Goals and Activities

Goal #1 **School staff will serve as role models and will practice healthy eating, physical activity, and other activities that support staff and student wellness.**

Activities:

- 1.1 Provide opportunities for school staff to be more physically active.
- 1.2 Encourage school staff to develop healthy eating habits.
- 1.3 Staff will promote healthy eating, and physical activity, and will serve as role models.

Goal #2 **Families and the school community will be involved in wellness activities.**

Activities:

- 2.1 Sponsor community service projects encouraging physical activity.

Goal #3 **School Health Services will promote and participate in wellness activities.**

Activities:

- 3.1 Conduct teaching activities in the classroom to promote student health and wellness.
- 3.2 Develop current lists of community health resources for students and families.