

## WELLNESS POLICY

01-2010

St. Mary's School for the Deaf is committed to providing a school environment that promotes and protects children's health, well-being, and the ability to learn by fostering healthy eating and physical activity. The School has established a Wellness Committee to develop the School's proposed local Wellness Policy, making such policy recommendations for review and adoption by the Board of Trustees. The School's Wellness Committee includes, but is not limited to, representatives from each of the following groups:

- a) Parents
- b) Students
- c) School's Food Service Program
- d) School's Board of Trustees
- e) School Administrators

The School's Wellness Committee will assess current activities, programs and policies available in the School; identify specific areas of need within the School; develop the policy; and provide mechanisms for implementation, evaluation, revision, and updating of the policy. The Wellness Committee is established to represent the local community's perspective in developing the Wellness Policy for the school.

### **Goals to Promote Student Wellness**

Taking into account the parameters of the School (academic programs, annual budget, staffing issues, and available facilities) as well as the community in which the School is located (the general economy; socioeconomic status; local tax bases; social, cultural, and religious influences; geography; and legal, political, and social institutions) the Wellness Committee recommends the following School goals relating to nutrition education, physical activity, and other school-based activities:

#### **Nutrition Education:**

The School will provide nutrition education to facilitate the voluntary adoption of healthy eating habits and other nutrition-related behaviors conducive to health and well-being by establishing the following standards for:

- a) Classroom teaching: The School will teach Health Standards. These standards whenever possible will be integrated into other areas of the curriculum. A committee of teachers and administrators will periodically review health standards and provide new emphasis on nutrition, healthy body image, weight management, and eating disorders.
- b) Education, marketing and promotion links outside the classroom: The School will have an integrated school, parent, and community approach that establishes a collaborative partnership within the larger school community to enhance the health and well-being of the students.

