

## **SCHOOL DISTRICT WELLNESS PROGRAM AND WELLNESS ADVISORY COMMITTEE**

The School Committee recognizes the relationship between student well-being and student achievement as well as the importance of a comprehensive district wellness program. Therefore, the school district will provide developmentally appropriate and sequential nutrition and physical education, opportunities for physical activity and a curriculum in social skills and citizenship. The wellness program will be implemented in a multidisciplinary fashion and will be evidence based. The district wellness program, a comprehensive, coordinated school health and human services program will:

- focus on the health needs of students
- employ multiple methods and approaches
- consider a diversity of health issues in the community
- engage those most affected by the program; and
- involve specially trained staff to deliver the program.

### Wellness Advisory Committee

The school district will establish a wellness advisory committee that reviews needs assessments, goals, and objectives; monitors program effectiveness; and provides recommendations for policy and program development and/or improvement.

The nurse leader or the nurse leader's designee will serve as the wellness advisory committee coordinator. The nurse leader will attempt to have broad internal representation on the committee including representation from nutritional services, administration, health services, counseling services, and physical education/athletics. In addition, external representation such as safety officers or board of health members may be included if their input is applicable to current projects. The wellness committee will consist of at least one (1): parent/guardian, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate. On an annual basis all staff members, school committee members, middle/high school students and parents/guardians will be invited to participate on the committee.

The committee will meet a minimum of four times a year. Minutes of meetings will be available upon request. The nurse leader in consultation with committee members will be responsible for implementation and evaluation of the policy.

LEGAL REFS.: The Child Nutrition and WIC Reauthorization Act of 2004, Section 204,

P.L. 108 -265

The Richard B. Russell National School Lunch Act, 42 U.S.C. §§ 1751 - 1769h

The Child Nutrition Act of 1966, 42 U.S.C. §§ 1771 - 1789

CROSS REFS.: [EFC](#), Free and Reduced-Cost Food Services

[IHAMA](#), Teaching About Alcohol, Tobacco and Drugs

[KI](#), Public Solicitations/Advertising in District Facilities

Revised By The  
Hadley School Committee: May 1, 2017

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