

## **WELLNESS POLICY**

### **Purpose:**

The link between nutrition, physical activity, and learning is well documented. Healthy eating and activity patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and well-being.

Healthy eating and physical activity, essential for a healthy weight, are also linked to reduced risk for many chronic diseases. Schools have a responsibility to help students learn, establish, and maintain lifelong healthy eating and activity patterns.

Well-planned and effectively implemented school nutrition and fitness programs have been shown to enhance students' overall health, as well as their behavior and academic achievement in school.

Staff wellness also is an integral part of a healthy school environment since school staff can be daily role models for healthy behaviors.

### **Overall Goals:**

All students in Edmond Public Schools shall possess the knowledge and skills necessary to make nutritious food choices and enjoyable physical activity choices for a lifetime. All staff in Edmond Public Schools are encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, the Board of Education adopts this school wellness policy with commitments to nutrition, nutrition education, physical activity, and other school-based activities that support student and staff wellness.

District Administration is charged with developing, maintaining and monitoring compliance with regulations that are consistent with the above-stated policy and goals.