

STUDENT WELLNESS POLICY

The Chatham Central School Board of Education believes in the importance of a coordinated and comprehensive approach to wellness that is sensitive to every student and the ever-changing needs of our school community. To that end, the Board of Education believes that students who are self-aware and practice a healthy lifestyle will be more effective learners.

In order to optimize conditions for teaching and learning throughout our programs and activities, the District will create an environment that supports overall wellness by teaching, encouraging, modeling, enforcing, and supporting positive behaviors and habits in the following areas:

- Food and Nutrition
- Physical Fitness and Exercise
- Mental and Emotional Well-Being
- Positive Decision-Making
- Responsible Community and Social Interactions
- Safety and Security
- Avoidance of Harmful Substances

The goals of wellness initiatives are:

- To help students practice a lifestyle that supports student physical growth, brain development, resistance to disease, emotional stability and ability to learn.
- To teach students habits and behaviors that will help them lead healthy, productive and satisfying lives in and out of school.
- To provide a foundation of skills and knowledge that help students achieve wellness throughout their lives.
- Guidelines for reimbursable school meals shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to law.

The Superintendent shall ensure development of programs and procedures for implementing and monitoring the effectiveness of this policy.

Ref: Public Law 108-265, Section 204
8500 Food Service Management

Adopted: June 27, 2006

Re-adopted: August 25, 2015