

## **SCHOOL WELLNESS POLICY**

The Westfield Public Schools promotes healthy schools by supporting wellness, good nutrition, health education, and regular physical activity as part of the total learning environment. The District supports a healthy school environment for staff and students through policies and procedures that promote safety and wellness, and encourages children to participate in positive dietary and lifestyle practices. The basic health status of children is facilitated by schools through the support and promotion of good nutrition, positive mental health, physical education, and nursing and related health office services. The Westfield Public Schools also fosters public awareness of the positive relationship between physical and mental wellbeing and the capacity of students to develop and learn.

Adopted: August 21, 2006