

## OST Wellness Policy

**Purpose:**

(Name of Partner) will create and sustain an environment that promotes and protects the health of student's well-being, and ability to learn by supporting healthy eating and physical activity.

**Because:**

(Name of Partner) wants to ensure all children have access to healthy foods and opportunities to be physically active in order to grow, learn, and thrive. (Name of Partner) recognizes that nutrition and physical education are essential components of the educational process, that good health positively impacts student mood and behavior. This positively affects attendance and academic performance.

**Therefore, (Name of Partner) will:**

- provide students with access to a variety of affordable, nutritious, safe, and appealing foods that meet the health and nutrition needs of students.
- offer a program designed to provide students with the knowledge and skills necessary to promote and protect health; This will not just be part of health education classes, but be integrated in subjects such as math, science, language arts, social sciences, and elective subjects, where appropriate.
- give opportunities for physical activity and encouragement to fully embrace regular physical activity as a personal behavior such as physical activity breaks between lessons or classes, as appropriate.
- support parents' efforts to provide healthy dietary choices and daily physical activity for their children.
- Form a committee, where members include parents, students, representatives from food service and health service, school board members, school administrators, teachers, and members of the public. They will meet as appropriate to review and revise the wellness policy

**Therefore:**

Effective \_\_\_\_\_, 20\_\_ it is the policy of (Name of partner) that all students receive opportunities, support, and encouragement to be healthy throughout their lives.

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Title

Name of Partner

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Signature

Date