

North Canaan Elementary School

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**Wellness Policy**

It is the policy of North Canaan Elementary School to make a significant contribution to the general well being, mental and physical capacity and learning ability of each student and afford them the opportunity to fully participate in the educational process. The Board of Education promotes healthy schools by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The school supports a healthy environment where children learn and participate in positive dietary and lifestyle practices. By facilitating learning through the support and promotion of good nutrition and physical activity, schools contribute to the basic health status of children. Improved health optimizes student performance potential.

In furtherance of this policy, the Board has created a Committee on Wellness to review any available state or federal guidance on wellness issues and formulate recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among its students. This Committee involves parents, students, and representatives from the school food service staff, the Board of Education, and members of the community, the principal, school staff and medical personnel.

The Wellness Policy of the North Canaan Board of Education shall include the following components:

- a) Nutrition Education and Promotion
- b) Physical Activity and Physical Education
- c) Nutrition Standards for School Foods and Beverages
- d) Other School-Based Activities to Promote Student Wellness
- e) Family Communication and Health Promotion

The North Canaan Board of Education will develop procedures including measurement and evaluation for all of the above areas.