

# WATERFORD GRADED SCHOOL DISTRICT JOINT NO. 1

## WATERFORD GRADED SCHOOL DISTRICT WELLNESS POLICY

It is the belief of the Waterford Graded J1 School District to strive 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 education process. The Waterford Graded J1 School District supports the adoption and implementation of a comprehensive school wellness program at all district school buildings. The Waterford Graded J1 School District will work in cooperation with parents, who are the primary teachers and caregivers for their children.

At the center of a thriving school is a healthy, resilient, successful learner. The Waterford Graded J1 School District recognizes that a well functioning comprehensive school wellness program will improve the safety and health of all school community members and improve the academic achievement of students.

The comprehensive school wellness program plan incorporates the following six components:

1. **Healthy School Environment** – the culture and climate that exist within a school that support the physical, mental, emotional, and social well-being and safety of all its members.
2. **Student Programs** – can help address students' physical, emotional, social, and cognitive needs. These programs may include, but are not limited to, extracurricular activities, peer programs, student assistance programs, and mentoring.
3. **Adult Programs** – provide information and support to adults directly involved in the care and education of students. The three primary elements involved are: professional development for staff, parent education and support programs, and employee assistance and wellness programs.
4. **Pupil Services** – include the four core disciplines of school psychology, school social work, school counseling, and school nursing which are organized as a collaborative team.
5. **Curriculum, Instruction, and Assessment** – involves planning, implementing, and evaluating a sequential and developmentally appropriate K-8 curriculum that deals with all important health and safety issues.
6. **Family and Community Connections** – consist of the various formal and informal working relationships between schools, the greater community, and the families that live and work within them. These relationships involve networking, cooperation, coordination, and collaboration on health, prevention, and youth development issues.

Policy #341.35

Adopted: June 19, 2006