

**File: ADF - WELLNESS POLICY**

The Concord Public Schools and the Concord-Carlisle Regional School District are committed to providing a school environment that enhances the learning and development of lifelong wellness practices. To that end, the districts promote actions, behaviors, and learning that create a healthy and safe environment for all students, faculty and staff.

It is our goal to promote the students' physical, emotional, and social well being through a K-12 coordinated school health program. Coordinated school health improves students' health and their capacity to learn. At its very core, coordinated school health is about keeping students healthy over time, reinforcing positive healthy behaviors throughout the school day, and making it clear that good health and learning go hand in hand.

This approach includes, but is not limited to, providing a healthy environment, school nursing and other-related health services, nutritious school meals, guidance and mental health services, K-12 comprehensive, coordinated health education, physical education and other opportunities for physical activity. It is the intent of this policy to promote opportunities that will enable students to become independent lifelong learners who will practice healthy behaviors and choices.

Furthermore, it is our expectation that specific actions will take into account the health needs and well being of all children without discrimination or isolation of any child. It is the school districts' belief that education along with open and informative communication is vital to the establishment of an environment that reduces risks and increases protective factors. In order to enhance students' awareness and consideration of self and others' well being, it is the intent of the School Committee that this policy reflects a commitment to the development of the whole child throughout the child's tenure in the Concord Public Schools and the Concord-Carlisle Regional School District.

Approved December 8, 2015