

# Westview School Corporation

## Bylaws & Policies

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### **8510 - WELLNESS**

The Board of Education establishes the following wellness policy for the Westview School Corporation.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the development process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the school's meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

The Board, however, believes this effort to support the student's development of healthy behaviors and habits with regard to eating and exercise cannot be accomplished by the schools alone. It will be necessary for not only the staff, but also the parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board designates the Superintendent as the individual charged with operational responsibility for measuring and evaluating the Corporation's implementation and progress under this policy. The School Health Advisory Council (SHAC) shall supply the superintendent a list of suggested administrative guidelines, made available to all staff, to achieve Policy [8510](#) objectives.

The Board shall appoint the Corporation wellness committee (School Health Advisory Council aka SHAC) that includes parents, students, representatives of the school food authority, educational staff (including physical education teachers), school health professionals, members of the public, school administrators and a board representative to oversee the development, implementation, evaluation, and periodic update, if necessary, of the wellness policy. Each school will have a leader in place who is accountable to the superintendent for ensuring compliance within the school.

The appointed Corporation wellness committee shall be responsible for accomplishing the following:

- A. Assess the current environment in each of the Corporation's schools
- B. Measure the implementation of the Corporation's wellness policy in each of the Corporation's schools
- C. Review the Corporation's current wellness policy
- D. Recommend revision of the policy, as necessary and

- E. Present the wellness policy, with any necessary revisions, to the Board for consideration.

Before the end of each school year the wellness committee shall submit to the Superintendent and Board their report in which they describe the environment in each of the Corporation's schools and the implementation of the wellness policy in each school, and identify and recommend revisions to the policy the committee deems necessary. This report will be made available to the public, which is to include the web address of the current wellness policy, a description of each school's activities and progress towards meeting wellness goals, contact details for committee leadership and information on how to join the committee.

District will make every effort to engage families to provide information and/or solicit input to meet district wellness goals either through website, email, parent meetings or events.

The Superintendent shall report on the Corporation's compliance with this policy and the progress toward achieving the goals set forth herein when requested to do so by the Board.

Adopted 8/10/06  
Revised 11/13/14  
Revised 12/8/16