

Instruction

Health and Wellness

The Willington Board of Education is committed to providing a healthy and safe learning environment that promotes and protects childrens' health, well-being, and ability to learn by supporting healthy eating and physical activity. Willington Public Schools will achieve their mission of education if students are physically, mentally, socially, and emotionally well.

Health literacy is an individual's capacity to obtain, interpret, and utilize health information and services, and have the competence to use the information in ways that will enhances one's health. Students will be taught essential knowledge and skills necessary to become health literate. The aim of Willington Public Schools is to teach, encourage, and support the development of not only the students, but also the staff, parents, and members of the community to become health literate individuals while encouraging the development of lifelong wellness practices.

The Board recognizes that students who maintain this healthy physical, social, emotional and mental status are better prepared to learn and achieve higher levels of academic success. Well-planned and effectively implemented nutrition and physical activity programs have been shown to enhance students' overall health, behavior and academic achievement. Proper nutrition consists of limiting fats and sugars while increasing foods high in vitamins, minerals and fiber such as fruits, vegetables and whole grains. Physical activity and proper nutrition can prevent chronic disease and obesity.

In furtherance of this policy, the Willington Board of Education has created a Wellness Committee to review state and federal guidelines on wellness issues and to assist in formulating recommendations for specific goals and plans aimed at promoting lifelong wellness practices among district students. The Committee includes, but is not limited to, individuals from some of the following groups: parents, students, teachers, school administration, Board of Education, Health Services, and Health and Physical Education staff. The Willington Wellness Committee will be responsible for assessing the policy implementation, ensuring that there is compliance with the policy, and that all school policies and school based activities are consistent with the wellness policy.

Legal Reference: **Connecticut General Statutes**
 PL 108-265 Section 204
 Sections 10-16b., 10-221a., 10-221o., 10-215., 10-215b-1.,
 10-215b-23., 10-221.p.
 USDA Regulations 7CFR 220.8, 210.10, 21.11
 Food and Safety Section 10-13-13-42
 PL Section 111 108-265
 Healthy, Hunger-Free Kids Act of 2010 (Pub.L. 111–296)

Policy adopted: **January 11, 2011**
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Policy revised: **March 27, 2018**

WILLINGTON PUBLIC SCHOOLS
Willington, Connecticut