

## STUDENT HEALTH AND WELLNESS REGULATION

The Superintendent shall require the Director of Health & Physical Education to develop a Coordinated School Health Program in order to meet the program goals outlined in the Student Health and Wellness Policy (File: IGAE). The program shall be monitored on an on-going basis by the Director of Health & Physical Education, who shall periodically make a report on its implementation and progress to the Superintendent.

The Coordinated School Health Program plan shall incorporate the following eight components within a single framework:

1. a **school environment** that is safe; that is physically, socially, and psychologically healthful; and that promotes health-enhancing behaviors;
2. a sequential **health education curriculum** that is designed to motivate and help students maintain and improve their physical and psychological health, prevent disease, and avoid health-related risk behaviors and that is taught by qualified teachers; a sequential program of nutrition instruction that encourages students to make healthy food choices;
3. a sequential **physical education curriculum** that involves moderate to vigorous physical activity; that teaches knowledge, motor skills, and positive attitudes; that promotes activities and sports that students enjoy and can pursue throughout their lives; and that is taught by qualified staff;
4. a **nutrition services approach** that includes a food service program that employs qualified staff who efficiently serve appealing choices of nutritious food that is integrated within the school health education curriculum, delineates the nutritional quality of food served in each school, and meets the minimal guidelines for school meals recommended by the United States Department of Agriculture (USDA);
5. a school **health services program** that is delivered by qualified health professionals; that provides limited emergency care for illness or injury; that encourages prevention and control of communicable diseases and other health problems; that fosters the appropriate use of health care services; and is designed to encourage access or referral to primary health services;
6. a **counseling, psychological, and social services program** that is provided by qualified professionals and is designed to encourage access or referral to assessments, interventions, and other services for students' mental, emotional, and social health;
7. integrated **family and community involvement activities** that are designed to engage families as active participants in their children's education; families to support children's school achievement; and that encourage collaboration with community resources and services to respond more effectively to the health-related needs of students; and
8. a **staff health promotion program** that encourages school staff to improve their health status through activities such as health assessments, health education, and health-related fitness activities.

Adopted: November 21, 2011

CROSS REF.: IGAE