

STUDENT HEALTH AND WELLNESS

The Weston School Committee adopts the principle that, while families are the primary teachers and caregivers for their children, the present and future health, safety, and well-being of students are also the concern of the Weston Public Schools. Schools cannot achieve their primary mission of education if students and staff are not healthy and fit physically, mentally, and socially. In addition, schools have a duty to teach students lifelong skills to prevent unnecessary injury, disease, and chronic health conditions.

The Weston Public Schools will establish a wellness committee that consists of at least one (1): parent, student, nurse, school food service representative, School Committee member, school administrator, member of the public, and other community members as appropriate.

For students to learn to take responsibility for their own health and to adopt health-enhancing attitudes and behaviors:

- every school shall be a safe and healthy place for children and employees to learn and work, with a climate that nurtures learning, achievement, and growth of character;
- all students shall be taught the essential knowledge and skills they need to make health-enhancing choices and avoid behaviors that can damage their health and well-being;
- every school shall be organized to reinforce health-enhancing behaviors, and school staff shall be encouraged to model healthy lifestyles; and
- school leaders shall ensure that children will have access to the nutrition, health services, and social services children need to learn, either at the school site or in cooperation with other community agencies.

In order to achieve these goals, which will maximize the opportunities for student health, well-being, and readiness to learn, the Weston Public Schools are committed to a comprehensive school health program that shall:

- respond to issues that arise in the community;
- be based on models that demonstrate evidence of effectiveness;
- foster positive youth development;
- leverage school and community resources; and
- respect families' needs and preferences.

Evaluation

The wellness committee will assess all education curricula and materials pertaining to wellness for accuracy, completeness, balance and consistency with the state and Weston Public Schools' educational goals and standards. Wellness program coordinators shall be responsible for devising a plan for implementation and evaluation of the Weston Public Schools wellness policy and are charged with operational responsibility for ensuring that schools meet the goals of the Weston Public Schools wellness policy. Wellness program coordinators will report to the School Committee annually.

Adopted: November 21, 2011

LEGAL REF.: Public Law 108-265, Section 204
CROSS REF.: School Committee Policy Book, Section J (Students), Files JFOG,
JFC,JFCH, JHC through JHCDD; and Section E, Support Services, File EF