

WELLNESS POLICY 6507

GENERAL POLICY 6507

At the center of a thriving school is a healthy, resilient and successful learner. A comprehensive school wellness program will improve the safety and health of all school community members and support the academic achievement of students. The Chelmsford Public Schools will strive to make a significant contribution to the general well-being, nutritional status, social-emotional development, physical capacity, and learning ability of each student. Therefore, the Chelmsford Public Schools supports the adoption and implementation of a comprehensive school wellness program at all district schools that will:

- be designed in response to demonstrated needs in the school community
- utilize models whose effectiveness can be demonstrated
- make efficient use of school and community resources
- respond to families' needs and preferences to the greatest degree possible provide students with information and skills that can be adapted across the lifespan and include specific goals for Health Education, Physical Education, Nutrition Education, and Personal Safety and Well-being.

The comprehensive wellness program will incorporate the following components:

1. Healthy School Environment – A culture and climate within schools that supports the physical, cognitive, emotional, and social well-being of school members, facilitates their safety, and is consistent with federal and state guidelines.

2. Student Programs – Programs to address students' physical, social, emotional, and learning needs. These will include, but not be limited to, peer programs, extracurricular activities, student assistance programs, and enrichment programs.

3. Parent and Staff Support Programs – Programs to provide information and support to parents, school staff, and faculty members who are directly involved in the care and education of students. This will include (a) professional development for staff in the areas of physical health and development, social-emotional issues, and nutrition, (b) employee assistance and wellness programs, and (c) parent education and support programs.

4. Pupil Services – School nurses, school psychologists, and school counselors will be available to provide for the health-related and social-emotional needs of individual students.

5. Curriculum, Instruction, and Assessment – Chelmsford staff and faculty members will plan, implement, and evaluate an appropriate PreK – 12 curriculum that addresses essential health and safety issues.

6. Community Connections – School personnel will strive to establish relationships among families, members of the school community, and members of the greater Chelmsford community in order to identify and facilitate access to available wellness resources.

7. School Wellness Advisory Committee – To monitor the progress of the policy, use data to make informed recommendations for programmatic/policy adoption, and provide an annual report to the Chelmsford School Committee and Superintendent. (See Policy 6507.05)

Adopted June 8, 2007

Reviewed by Legal Counsel.

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Chelmsford Public School, Chelmsford, Massachusetts

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