

February 2009

Colchester School District

WELLNESS COMMITTEE

Mission Statement

The Colchester School District Wellness Committee is charged with the task of promoting, supporting and reinforcing the physical and emotional health and well-being of the District's community of children and adults.

Rationale:

Colchester School District is committed to creating a healthy and safe school environment, that is learner-centered, research-based and data driven.

Research clearly supports the following findings:

- Good health fosters attendance and learning; effective education cannot co-exist with poor physical and/or mental health.
- Pediatric obesity rates have risen dramatically. Similar findings are reported in adults as well.
- Obesity is a major risk factor for heart disease, strokes, Type II diabetes, and cancer. Obesity is also related to stress and depression.
- Inappropriate eating and insufficient vigorous physical activity are the major contributors to obesity.
- Children and adults need access to healthy foods, opportunities for physical activities, and relevant education regarding physical and mental health, so that they are able to thrive physically, cognitively, emotionally, and socially.

It is the intent of CSD Wellness Committee to:

- Foster and reinforce integration of life-long healthy habits into the curriculum.
- Support the provision of healthy nutrition and healthy eating environments for the school community.
- Promote awareness and commitment to providing age-appropriate physical activity for children and staff.
- Encourage and design opportunities for supporting mental health of the District's community, such in the areas of stress management, interpersonal relationships, study skills, self-esteem, time management, and the prevention of substance abuse.
- Solicit the commitment of administration, faculty, staff, as well as the community at large to enhancing life-long health and wellness.
- Set up wellness teams in each of the District's schools, such that all relevant parties (e.g., teachers, staff, students, nurse, food services) may be adequately represented, in order to create sustainable and population-bases events and programs.
- Monitor the District-wide implementation of the wellness policy.
- Work collaboratively with the District leadership to achieve the above stated intentions.