

# DISTRICT WELLNESS

## District Wellness Program

Our District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed by the wellness committee that includes teachers, parents, and administrator.

If you are interested in serving on the Wellness Committee or have questions about the District Wellness Program please contact (417)668-5313

## Sharing the Message of Wellness

One of our goals is to share the message of nutrition and wellness along with the importance of nutrition AND fitness.

## Key Areas of our Wellness Policy

Balance is essential for any Wellness Policy. Key areas include:

- Nutrition Education
- Physical activity
- Other school-based activities that are designed to promote student wellness.