

# WELLNESS POLICY BRIEF

Our school is committed to working with schools, families and the community to make sure that all students graduate knowing how to take care of their bodies and minds, as well as respect those around them. We believe that our school will achieve this mission by engaging in strategic wellness policies that create safe and accessible environments that support and promote healthy eating, physical activity and the mental well-being of all students, families and staff. When students feel welcome, accepted, valued and safe, they will challenge themselves academically and personally.

Our local school wellness policy is based on a citywide policy that is specifically tailored to our wellness needs and goals. The New York City Department of Education's (NYC DOE) [Wellness Policy](#) brings together content and service areas recommended in the Centers for Disease Control and Prevention's [Whole School, Whole Community, Whole Child \(WSCC\)](#) model.

Our school has adopted the following policies:

- \_ Healthy Snacks
- \_ Celebrations, School Stores and Fundraising
- \_ Active Recess
- \_ Physical Activity: Before- and After-School Programs
- \_ Classroom Physical Activity
- \_ Staff, Parent and Community Engagement

Our aim is to fully adopt and integrate these policies to establish a comprehensive health and wellness experience for our whole school community.

Principal signature: \_\_\_\_\_

Date: \_\_\_\_\_