

## **North River School Wellness Policy**

The North River School is committed to promoting the health and well-being of our students, staff, and community members. We believe that a healthy environment is essential for academic success, positive behavior, and lifelong wellness habits.

### **Nutrition Standards:**

1. **Healthy Meals:** We provide nutritious and balanced meals in our cafeteria, ensuring they meet or exceed federal nutrition standards outlined in 7 CFR 210.31.
2. **Nutrition Education:** We will implement educational programs to empower students with knowledge about making healthy food choices.

### **Physical Education:**

1. **Physical Activity Opportunities:** We offer a diverse range of physical education opportunities that encourage regular physical activity, aligning with the requirements set forth in 7 CFR 210.31.
2. **Health and Fitness Education:** Our curriculum will incorporate health and fitness education to equip students with the skills and knowledge for a healthy lifestyle.

### **Mental Health and Emotional Well-being:**

1. **Counseling Services:** We are committed to providing access to counseling services, resources, and activities that support positive mental health, fostering a nurturing environment for emotional well-being.
2. **Stress Management:** We will incorporate stress management techniques into our curriculum to help students develop healthy coping mechanisms.

### **Safe and Inclusive Environment:**

1. **Respect and Kindness:** We will actively promote a safe, inclusive, and respectful school environment where kindness and empathy are valued.
2. **Anti-Bullying Measures:** We have established anti-bullying policies and programs to ensure the safety and well-being of all students.

### **Parent and Community Collaboration:**

1. **Parent Involvement:** We encourage parents to actively engage in their child's education and well-being through open communication, events, and activities.

2. Community Partnerships: We will collaborate with local organizations and community members to enhance wellness initiatives, as outlined in 7 CFR 210.31.

**Assessment and Monitoring:**

1. Program Evaluation: We are committed to regularly assessing and evaluating our wellness policies and programs to ensure their effectiveness and make necessary improvements.

By implementing and adhering to this wellness policy, the North River School aims to cultivate a culture of well-being that empowers all members of our community to thrive academically, physically, and emotionally.

This policy is designed to align with the stipulations of 7 CFR 210.31, demonstrating our dedication to providing a comprehensive wellness program in accordance with federal guidelines.