

**PRESTON COUNTY BOARD OF EDUCATION**

**FILE: 13 – WELLNESS POLICY**

**File: 13-4 General Provisions, Expectations, and Key Caveat**

**Last Reviewed: 6-28-10**

**Next Review: 7-01-12**

This policy makes visible the importance of all aspects of wellness as the basis of student learning. This policy clarifies the relationships between and among these various aspects of wellness and advocates for collaboration across these areas-internally and externally in order to ensure that wellness remains student centered as opposed to service centered or department centered.

Furthermore, this policy is predicated on research-based, proven effective practices for health intervention and health promotion. Specifically, this policy is modeled on the Center for Disease Control's Coordinated School Health Program (CSHP), which is comprised of the following eight elements:

- ❖ health education;
- ❖ physical education;
- ❖ health services;
- ❖ nutrition services;
- ❖ counseling, psychological, & social services;
- ❖ healthy school environment;
- ❖ health promotion for staff; and
- ❖ family/community involvement.

The CSHP model has been replicated widely in school systems across the country with great success.

Community School Health Programs are most effectively realized through the establishment of Coordinated School Health Councils (CSHC), which include stakeholders from each of the aforementioned eight elements of the CSHP. Therefore, Coordinated School Health Councils are encouraged to be established in each school. As well as at the district level, in order to ensure an array of opportunities for health promotion are available to each school community and district staff. Students should be included as stakeholders on each CSHC. This policy shall form a framework on which external partners working with Preston County Schools' students and staff shall be expected to base their own program development.

The Preston County Wellness Policy Committee and School System as a whole recognize the need for student, Staff, Family and community-wide coordinated effort. The Wellness Committee welcomes the active participation and involvement of all these partners. The committee and the school system will inform, educate, and engage citizens about nutrition, physical activity and health related policies and issues in the schools and community. The committee will seek input, active participation and feed back from students, staff, families and other community members regarding health and wellness policies and issues. Through a coalition of students, staff, families and community members, positive change can occur.

The following definitions shall apply:

- ❖ Health literacy: knowledge of the various aspects of health in all of its dimensions-including health and wellness, physical education, health services, healthy environments, nutrition, health promotion practices/disease prevention and risk avoidance, mental and behavioral health, intergenerational and family health care.
- ❖ Holistically: various aspects/elements integrated as “one”
- ❖ Psychosocial: mental health as impacted by social and environmental factors, such as age, life experiences, peer influences, stress, etc.
- ❖ Stakeholders: those individuals who have a motivating interest, or “stake” in ensuring the goals of this policy are met in order to assure Preston County Schools’ students, staff, and families attain and maintain good health.
- ❖ Governing Board: Board of Education members

**Caveat**

It is understood that nothing in this policy shall be considered to supersede the federal requirements of the No Child Left Behind Act, or IDEA, nor shall this policy supersede state standards and legislative requirements pertaining to public schools.

[Home](#)

Adopted: September, 2006  
Amended/Revised: