

## **Southeastern Local Schools Wellness Policy Overview**

Southeastern Local School District has developed a Wellness Policy that is focused on improving the health of students. The policy was developed by the district's wellness committee, which can include teachers, parents, administrators, school nurses and board members. The wellness committee will focus on creating opportunities to promote a healthier environment for our students and staff. If you or someone you know is interested in joining the wellness committee, please contact John Gummel ([jgummel@sels.us](mailto:jgummel@sels.us)) for additional information.

The Wellness Policy, Plan, and Assessment were approved by the Southeastern School Board at the June 21 meeting

### **Sharing the Message of Wellness**

One of our goals is to share the message of nutrition and wellness via our department's Web site that emphasizes the importance of nutrition AND fitness. Our site provides information on the nutrition and fitness for teachers, parents, and students, as well as, a variety of learning tools.

### **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.