

Promoting Wellness at Your School

What is wellness?
Wellness is a general term for maintaining positive physical and mental health. Supporting student and staff wellness in schools improves learning outcomes. As such, every school district is required to have a Local Wellness Policy (LWP) that sets standards for how schools support wellness. At a minimum, the LWP must address the nutrition and physical activity environment. Some school districts also include guidelines for addressing mental health, school health services, employee wellness, and other areas that influence wellness.

Your Local Wellness Policy
The School Health Council is here to help you create a healthy school environment in alignment with the LWP. You can access more information about our wellness policy, priority areas for improving policy compliance based on data, and available resources here:

[editable field for district wellness webpage]

Wellness Events and Activities
Wellness-focused events and activities are a great way to get students and families excited about health and wellness. When planning a wellness-focused event, consider the following:

- Use the event to highlight areas of the wellness policy. Families may be unaware of policies around classroom parties, recess, or other areas. Events can help them understand what the policy is, why it is important, and how they can support it.
- Ensure all events align with wellness goals by offering healthy foods and beverages (water is the best choice), and incorporating physical activity.
- Contact your School Health Council to discuss your ideas, or for a list of partners who may support your event:

[editable field for contact information for school health council contact]

School Wellness Messages

- General School Wellness Morning Announcements

For additional resources:

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