



Delhi Public School

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Health and Wellness Policy

Preamble:

At [School Name], we believe that the health and well-being of our students and staff are integral to their success, both academically and personally. This Health and Wellness Policy outlines our commitment to creating a healthy school environment that fosters physical, mental, and emotional well-being.

Principles and Objectives:

1. To promote a culture of health and wellness within our school community.
2. To provide education and resources that encourage healthy lifestyle choices.
3. To create a safe and supportive environment that nurtures the physical and mental well-being of all members of our school community.

1. Nutrition and Healthy Eating:

- A) We will offer nutritious and balanced meal options in our cafeteria.
- B) We will encourage students to make healthy food choices through education and awareness programs.
- C) We will limit the availability of sugary snacks and beverages within the school premises.

2. Physical Activity :

- A) We will provide opportunities for regular physical activity through physical education classes and extracurricular activities.
- B) We will promote active transportation to and from school whenever possible.
- C) We will maintain safe and accessible playgrounds and recreational areas.

3. Mental and Emotional Health:

- A) We will provide access to counselling services for students who may need emotional support.
- B) We will implement anti-bullying programs to create a safe and respectful school environment.
- C) We will promote mindfulness and stress-management techniques for students and staff.

4. Health Education:

- A) We will integrate health education into the curriculum, covering topics such as nutrition, physical fitness, mental health, and substance abuse prevention.
- B) We will collaborate with local health organisations to provide additional resources and educational opportunities.

5. Support for Staff :

- A) We will encourage and support professional development related to health and wellness for our staff.
- B) We will provide resources and a supportive environment for staff members to maintain their own health and well-being.

6. Partnerships :

- A) We will collaborate with parents, community organisations, and healthcare providers to enhance our health and wellness programs.
- B) We will seek opportunities to engage the community in health and wellness initiatives.

7. Implementation and Evaluation :

- A) The [School Name] Health and Wellness Committee will be responsible for the implementation and ongoing evaluation of this policy.
- B) Regular assessments and surveys will be conducted to measure the effectiveness of our health and wellness initiatives.

Implementation:

- Incorporate Health and Wellness topics into the curriculum, emphasising the importance of physical and mental health.
- Offer regular Physical education classes for students.
- Organize extracurricular physical activities.
- Ensure access to sports and recreation facilities.
- Promote healthy food choices in the school cafeteria.
- Educate students on the importance of a balanced diet.
- Encourage staff to model healthy eating habits.
- Provide access to counselling services for students and staff.
- Implement anti-bullying programs and mental health awareness initiatives.
- Conduct health awareness campaigns and workshops on topics like hygiene, sanitation, and wellness.
- Create a safe and clean environment with adequate ventilation and hygiene measures.
- Ensure the availability of clean drinking water.
- Establish wellness committees comprising teachers, staff and students to monitor and implement wellness programs.
- Engage parents through workshops and events, educating them on promoting wellness at home.

Evaluation:

- We will regularly assess the physical and mental health of students and staff and identify areas of improvement.
- We will collect feedback from students, parents, and staff about the effectiveness of health and wellness programs.
- We will analyse data to measure the impact of health and wellness initiatives on student well-being and academic performance.
- We will annually review and update the policy to ensure its continued relevance and effectiveness in promoting the health and well-being of our school community.

Conclusion:

At [School Name], we are committed to fostering a culture of health and wellness that empowers our students and staff to make positive choices for their physical and mental well-being. Through collaboration and dedication, we will continue to prioritise the health and wellness of our school community.

Date of Adoption: [Date]

Date of Last Revision: [Date]

[[Principal/Director Name]]

Signature
