

# Harmony Heights School

## Health and Wellness Policy

### Preamble:

Harmony Heights School focuses on strong infrastructure to support the health and wellness of our students and staff. Our policy aims to provide essential resources and maintain a positive environment.

### Principles and Objectives:

1. To promote health and wellness with quality facilities.
2. To offer essential resources and educational programs.
3. To maintain a supportive environment for well-being.

#### 1. Nutrition and Healthy Eating:

- A) Balanced meals are provided in our cafeteria.
- B) Nutrition education is part of our curriculum.
- C) We limit sugary snacks and promote healthier options.

#### 2. Physical Activity:

- A) Our gym and sports facilities are well-maintained.
- B) Active transportation is encouraged, and wellness programs are offered.
- C) Recreational areas are safe and functional.

#### 3. Mental and Emotional Health:

- A) Counseling services are available.
- B) Anti-bullying programs are implemented.
- C) Stress-management workshops are provided.

#### 4. Health Education:

- A) Health education is integrated into the curriculum.
- B) Collaboration with local health organizations enhances educational efforts.

#### 5. Support for Staff:

- A) Staff wellness is supported with professional development.
- B) Facilities for relaxation and stress management are provided.

#### ■6. Partnerships:

- A) We work with community organizations and healthcare providers.
- B) Community engagement in health initiatives is encouraged.

#### 7. Implementation and Evaluation:

- A) The Health and Wellness Committee oversees policy implementation.
- B) Regular assessments and feedback are used to improve programs.

Implementation:

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Integrate health education into the curriculum.

- Maintain gym and sports facilities.
- Promote healthy eating and limit sugary snacks.
- Offer counseling and stress management services.
- Engage in community health initiatives.

Evaluation:

- Regular reviews and feedback collection.
- Assess effectiveness through surveys.

Conclusion:

Date of Adoption: [Date]

Signature: [Signature]