

Wellness Communications

The Wellness Communications sub-committee recognizes that an agile and on-point

The WAC Survey sub-committee considered each item. Several retained items were reworded to simplify the responses, and some follow up items were added that might provide information to guide ways to assist the schools. We spoke with Kristy Obbink to bett

Conclusion

June 2010 will mark four years since the *Wellness through Nutrition and Physical Activity* policy was adopted by the School Board. Certainly progress has been made during this time, but it is readily apparent that the wellness movement has yet to reach a critical mass within the District. The WAC suggests that now may be the opportune time to take “Wellness” to the next stage. The committee is aware that there are well-intended initiatives ongoing, but a lack of district-wide coordination limits the impact on students and restricts District progress. Wellness, however, transcends boundaries and is of fundamental importance in the health, well-being, and academic achievement of our students. A comprehensive and coordinated approach is needed to connect students, schools, departments, and community stakeholders. The foundation was set with the adoption of the policy and now is the time for the District to fully embrace “Wellness”.

Respectfully submitted,

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Chair, Wellness Advisory Committee