



Encourage & Educate

Guidelines for School-Based Wellness

The CCPS Wellness Vision

The commitment of public school health education is to enable K-12 students to apply health knowledge in their daily lives, to increase health-enhancing behaviors, and decrease health-risking behaviors.

To meet the goals set by the District Wellness Committee, schools must do the following:

1. Assemble a Wellness Committee - PPC representatives plus parents, Champs Café representatives, and students.
2. Each school Wellness Committee will assess the nine identified areas of wellness.
3. Each school must set goals to address the following 2 areas:
 - ⇒ Nutrition
 - ⇒ Bully Prevention
4. In addition all schools will select 2 additional areas to address. Note—goals can be combined.
5. All schools will complete the Year One Plan for each goal and submit the 4 plans to the Assistant Superintendent for School Support by September 15th. Committees will write outcome goals that can be measured with data.
6. The school-based Wellness Committees will review the plans in the month of January using the appropriate data. Adjustments to the plans can be made at that time.
7. The school-based Wellness Committees will do an end of the year attainment verification/evaluation of its plan using appropriate data. The attainment verification/evaluation will be submitted to the Assistant Superintendent for School Support by May 15th.
8. School-based committees will also submit a list of best practices along with their attainment verifications/evaluations. These best practices will be added to the [wellness web site](#).



Working definition:

nutritious and healthy: foods that are high in nutrients and low in added sugars, sodium and fat.