



#4030

## Wellness Policy

### Purpose

The purpose of this policy is to encourage and support healthy learners who thrive in our school community and to assure a school environment that promotes and protects student safety, well being and ability to learn. To that end the policy incorporates physical activity, nutrition and other healthy supports.

### General Statement of Policy

1. The school district provides tools, strategies, techniques and connections to develop healthy and optimistic learners.
2. The school district respects the values, cultures, beliefs and traditions of each student.
3. The school district recognizes the individual needs and developmental stages of students.
4. The school district recognizes that good physical and mental health foster improved student attendance, education and learning.
5. School district personnel engage in collaborative efforts between school and community services to ensure a continuum of services.
6. The school environment should promote and protect student safety, well being and ability to learn by providing programming, curriculum and services that address healthy behavior, skills and knowledge.
7. School district personnel seek to accommodate special needs by identifying barriers to learning.
8. The school district recognizes that balanced nutrition and physical activity promote emotional well-being, academic success, and healthy life choices.
9. The Odyssey Wellness Committee will continue to make recommendations to the board of directors as the needs arises.

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