

SCHOOL WELLNESS POLICY

Laurel School District believes that all students shall possess the knowledge and skills necessary to make healthy choices that promote healthy lifestyles. All staff in the Laurel School District is encouraged to model healthful eating and physical activity as a valuable part of daily life.

To meet this goal, all educational facilities within Laurel School District, **Laurel High School, Laurel Middle School, Maddox Elementary School, Mason Elementary School, Nora Davis Magnet School, and Oak Park Elementary School**, shall adopt this school wellness policy with commitments to implementing a coordinated approach to school health and wellness. The policy is designed to effectively utilize school and community resources and to equitably serve the needs and interests of all students and staff, taking into consideration differences in culture.

Laurel School District wellness policy areas of commitment are as follows:

- Commitment to Nutrition
- Commitment to Food Safe Schools
- Commitment to Physical Activity and Physical Education
- Commitment to Comprehensive Health Education
- Commitment to a Healthy School Environment
- Commitment to Quality Health Services
- Commitment to Providing Counseling, Psychological, and Social Services
- Commitment to Family and Community Involvement
- Commitment to Implementing a Quality Staff Wellness Program
- Commitment to Marketing a Healthy School Environment
- Commitment to Implementation

Laurel School District shall conduct a wellness policy compliance review annually.