

DISTRICT WELLNESS

The School District of Colby is committed to promoting “a sound mind in a sound body” and embraces instruction in lifelong cardiovascular fitness for students, staff, and community. The District has established a curriculum and policies that reflect a commitment to nutrition education so *students* can make informed healthy choices about their diet and their exercise regimen.

The District recognizes that a well-rounded life addresses physical, mental, emotional and spiritual awareness and the need to nurture each dimension. The District is committed to the ideal of a drug-free school in a safe community and strives to promote emotional, physical and psychological safety for all students, staff and community.

The District believes that through knowledge students can commit to healthy choices. Our schools promote exemplary health models and mindsets of active and nutritious lifestyles. The District also encourages multicultural awareness of nutrition and wellness activities.

The Board of Education demonstrates its concern for the promotion of lifelong cardiovascular fitness among students, staff and community through the facilities use policies which allow for widespread use of school equipment and facilities for youth and community fitness activities.

The District embraces the development of a work environment that supports wellness among staff in multi-faceted ways, including exercise, nutrition, stress reduction, and health/safety awareness. To that end the District encourages wellness activities and health maintenance opportunities in a variety of interactions involving staff.

The District supports the position of Wellness Coordinator by providing an annual stipend and budget resource to promote staff wellness activities.