



533 NORTH ROAD
WESTFIELD, MA 01085
(413) 562-9500
FAX (413) 562-9010

DAVID R. DRAKE
HEADMASTER

White Oak School Wellness Policy

Children need access to healthful foods and educational content and experiences that promote wellness. Good health fosters student attendance and educational success. Obesity rates and chronic diseases continue to increase and challenge maximum academic performance, and participation in vigorous physical activity, quality physical education, nutrition education and balanced food choices fosters life long health habits leading to longer healthy lives.

The purpose of the policy is to insure that each student is provided ongoing opportunities designed to maximize the prospect that the student will make positive decisions throughout life. Health education provides critical content for students to develop and demonstrate health-related knowledge, attitudes and practices. Physical education and regular physical activity is an integral part of the total education of students, which contributes to the physical development of the individual through promotion and appreciation of physical fitness. School food services will provide students with a variety of nutritious and appealing foods that meet the health and nutrition needs of the students.

The goals of the school wellness policy are:

- ❖ **Nutrition education and food selections offered in the White Oak School will teach, encourage and support life-long healthy nutritional behaviors.**
- ❖ **The White Oak School will provide programs that support physical, social and emotional health and well-being of students and staff.**
- ❖ **The White Oak School will provide a safe environment that supports academic success.**