

**Goal 4:
School Environment**

**Schools within the KRSD
will strive to:**

- 🍏 *create a school environment that is conducive to emotional, interpersonal, intellectual, physical and nutritional well being and growth*
- 🍏 *identify areas of excellence and need through formal and/or informal assessments*
- 🍏 *utilize the data to set building and district goals*



**Goal 5: Wellness
Advisory Council**

**The Wellness Advisory
Council will:**

- 🍏 *include representation from students, parent/community, teachers, school nurses, administration, nutrition services, physical education and other ad hoc members*
- 🍏 *coordinate, monitor, advise on and assess compliance with the District Wellness, Nutrition, and Physical Activity Goals*
- 🍏 *develop benchmarks, collect data, and report outcomes to administration*
- 🍏 *make recommendations to the Professional Development Committee for teacher training*

**Kearsarge Regional
School District**

Wellness Goals



**S.A.U. #65
New London, NH
603.526.2051
www.kearsarge.org**

Purpose:

The KRSD recognizes and supports:

- 🍎 *the emotional, interpersonal, intellectual, physical and nutritional well being of each child*
- 🍎 *optimizing student performance through health and fitness*
- 🍎 *an environment where children learn healthy diet and wellness practices*
- 🍎 *an environment where students learn to make healthy decisions*

Goal 1: Health Education

The KRSD K-12 Health Curriculum will:

- 🍎 *address the physical, mental, emotional and social dimensions of health*
- 🍎 *assist students and staff to maintain and improve health, while reducing-related risky behaviors*
- 🍎 *provide opportunities to participate in healthy activities*

Goal 2: Nutrition Education

The KRSD will support and promote:

- 🍎 *proper dietary habits for students and staff*
- 🍎 *making nutritious foods available in schools, to meet or exceed state and federal regulations*
- 🍎 *a Health Curriculum that teaches lifelong healthy eating habits*
- 🍎 *a partnership between the Food Service Director and the Wellness Advisory Council*
- 🍎 *nutrition education in the form of handouts, the district website, articles, and newsletters*



Goal 3: Physical Education

The KRSD's K-12 Physical Education program will:

- 🍎 *promote an understanding of the short and long term benefits of physical activity*
- 🍎 *provide opportunities for students and staff to develop and maintain physical fitness*
- 🍎 *encourage students to be physically active and promote physical fitness*
- 🍎 *promote a partnership with families in providing physical activity*
- 🍎 *encourage physical activity throughout the school day*

