


Book	Policy Manual
Section	8000 Operations
Title	WELLNESS
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**8510 - WELLNESS**

The Deerfield Community School District recognizes its responsibility to provide a healthy learning environment by supporting wellness, good nutrition, regular physical activity and positive mental health. This policy promotes life-long wellness behaviors, and links healthy nutrition and exercise to students' overall physical well-being. Healthy eating behaviors and regular physical activity are essential for students to achieve their full academic and life potential. The District also supports employee life-long wellness behaviors, linking healthy nutrition and exercise to overall health, job performance and a positive work environment. Wellness guidelines have been established which outline the District's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. The guidelines are available in the District office.

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 [Administrative Guideline 8510 - Wellness.pdf \(345 KB\)](#)