

SCHOOL COUNCIL POLICY FORMAT

District: Russell Independent Schools

School: Russell-McDowell Intermediate

COUNCIL POLICY TYPE	POLICY NUMBER
Staff Support Policy (Wellness)	6.01

POLICY TOPIC DESCRIPTION
Staff Support Services/Wellness Policy

POLICY STATEMENT

The health and wellness of our staff is an integral part of the success of Russell-McDowell Intermediate school. In order to support a healthy lifestyle for our staff we wish to provide an environment that is conducive to healthy behaviors.

Physical Activity

- Arrangements for health club fees to be taken as payroll deduction
- ~~Exercise areas available at school, e.g. par course, etc.~~
- Staff fitness promoted by bulletin board highlighting staff fitness routines
- Walking outside or hallways encouraged during lunch or planning periods.

Healthy Foods

All activities and events sponsored by RMIS that include food will include **one or more** of these healthy items.

- Water
- Fruits
- Vegetables
- Low-fat milk or dairy products
- Whole-grain products

Date Adopted: March 2, 2006

Signature: Pamela Wright

Revised/Reviewed: 3/20/2016

Council Chairperson