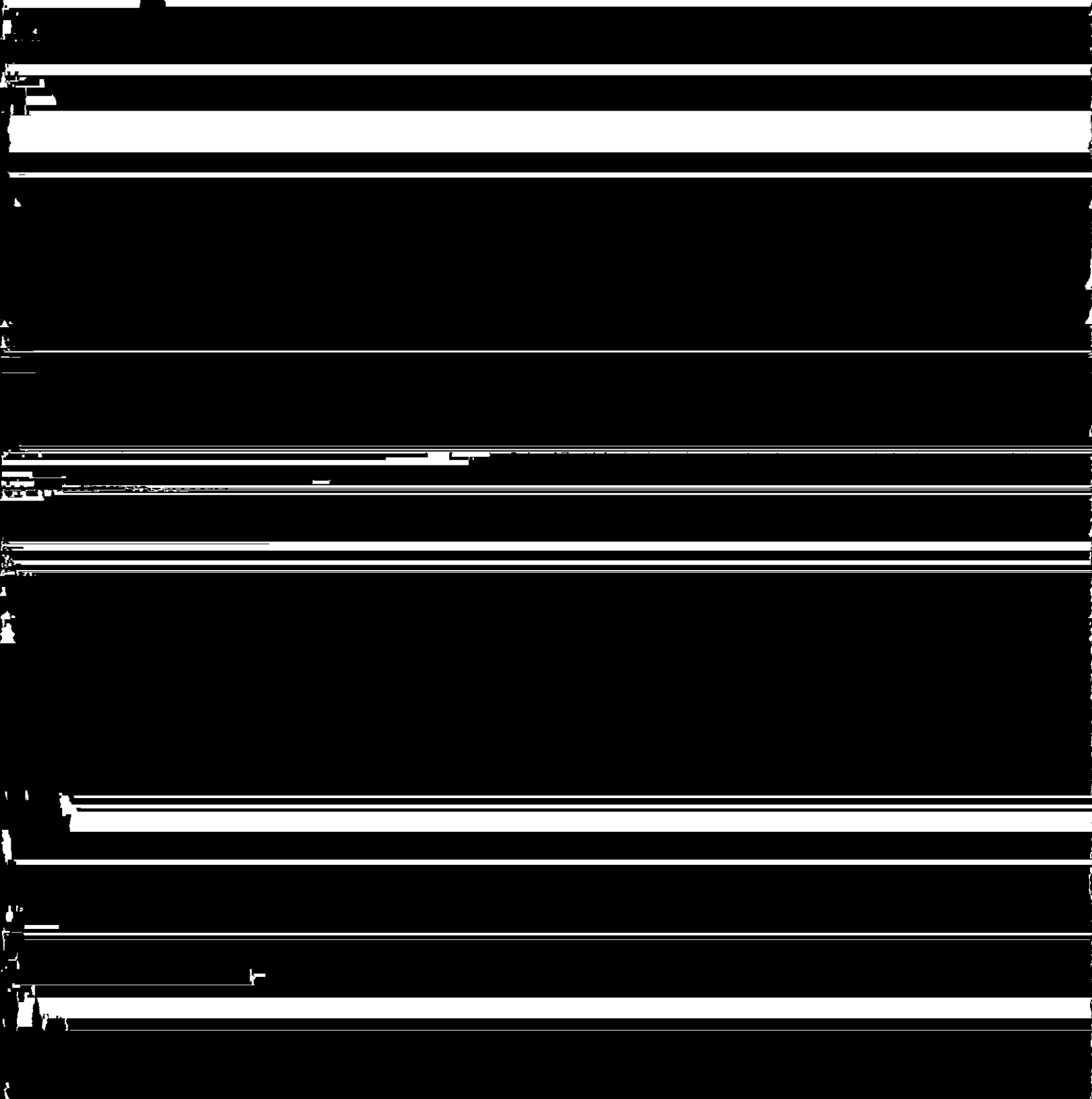


**Campus Wellness Plan** \_\_\_\_\_ **North Shore 10<sup>th</sup> Grade Center** \_\_\_\_\_  
**2023-2024**

Federal Public Law (PL 108-265 Section 204) states that all schools must develop a local wellness policy that



- Students are provided with physical education to assure that all students are able to learn and develop the skills, knowledge and attitudes necessary to be physically active.
- Physical education classes will include motor skills, concepts and strategies, engagement in physical activity, physical fitness, responsible behavior and benefits of physical activity.
- Physical activity will not be used as a punishment (e.g. running laps or pushups)
- Staff, students and parents will be educated on health related topics presented during the school year and the importance of complimenting Health and ~~Nutritional education with physically active lifestyles~~

## Nutrition Guidelines

- The school will offer free breakfast and lunch for all students, with a variety of healthy options for fruits, vegetables, cereals, and protein according to USDA guidelines.
- The staff will promote hand washing and encourage safe eating practices, such as no sharing of food or drink

Nutrition department shall ensure foods and beverages sold comply with the

## **Plan de Bienestar Escolar: North Shore 10<sup>th</sup> Grade Center 2023-2024**

**Derecho Público Federal (PL 108.265 Art. 204)** establece que todas las escuelas deben desarrollar una política de bienestar local que involucre a los padres, estudiantes, un representante de la Autoridad de Alimentos Escolares, la junta escolar, los administradores escolares y el público. La Autoridad de Educación Local (LEA) establecerá un plan para medir la implementación de la política de bienestar local.

### **Estado de la mission**

North Shore 10<sup>th</sup> Grade Center preparara, adoptara e implementara un plan integral para formentar la alimentacion saludable y la actividad fisica a fin de preparar a los estudiantes para que se conviertan en ciudadanos saludables y productivos y en aprendices de por vida. *Activity in order to*

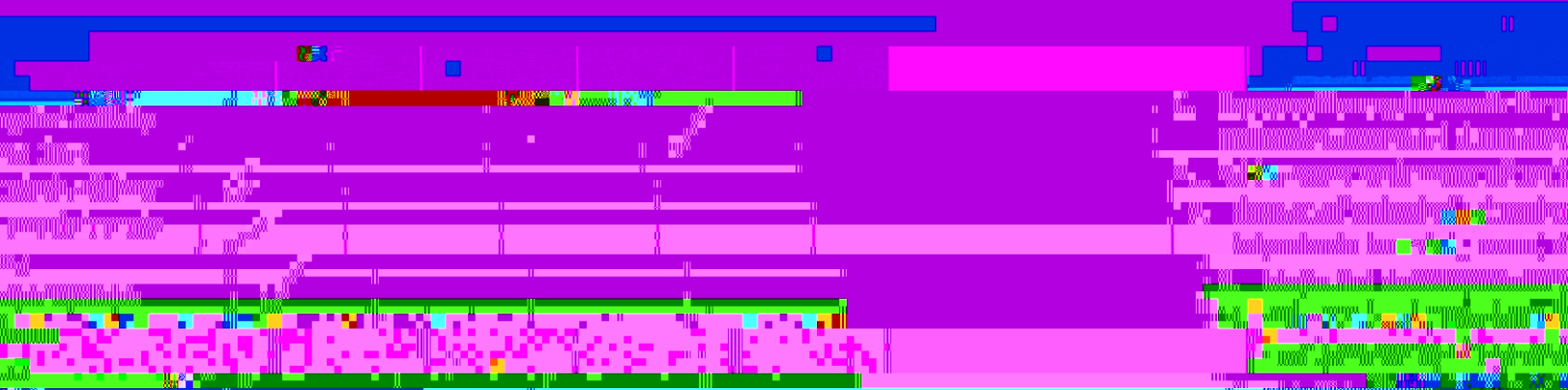
- Los estudiantes reciben educación física para asegurar que todos los estudiantes puedan aprender y desarrollar las habilidades, el conocimiento y las actitudes necesarias para estar físicamente activos.

Las clases de educación física incluirán habilidades motoras, conceptos y

consejero o administrador e implementar sesiones de asesoramiento individual y

# Campus Wellness Plan Evaluation 2023-2024

Student and Staff Wellness					II. Goals for Student Nutrition Program
Offer healthy foods w/a variety of methods					3. Promotes health



Offer healthy foods w/a variety of methods	100%
Offer healthy foods w/a variety of methods	100%
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# Accountability

## Our company's wellness plan

Our wellness plan is designed to help you live a healthier, more active life. It includes a variety of resources and services to support your health and well-being.

Key components of our wellness plan include:

- Health assessments and screenings
- Personalized coaching and support
- Access to fitness facilities and equipment
- Mental health resources and counseling
- Financial wellness services and advice
- Employee assistance programs (EAP)
- Flexible work arrangements
- Paid time off and sick leave
- Health insurance and medical services
- Life insurance and disability benefits
- Retirement and investment services
- Legal and tax services
- Child and dependent care services
- Transportation services
- Housing and relocation services
- Education and training services
- Career development and advancement opportunities
- Employee recognition and rewards programs
- Diversity, equity, and inclusion initiatives
- Community and social activities
- Employee resource groups (ERGs)
- Open enrollment and plan selection
- Claims and appeals processes
- Network of providers and services
- Quality and performance metrics
- Continuous improvement and innovation

Our wellness plan is a commitment to your health and well-being. We are dedicated to providing you with the resources and support you need to thrive.

For more information about our wellness plan, please contact your HR representative or visit our website at [www.ourcompany.com/wellness](#).

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