

TCKS Wellness Policy

Approved 11/16/2010

Philosophy

Traut Core Knowledge School believes an individual's physical wellness is foundational for educational excellence in knowledge, skills, and character. Our school environment supports physical fitness in students, teachers, and parents as we all strive to be healthy: engaging regularly in physical activity supported by good nutrition and sleep habits. Seeing these healthy behaviors modeled for them and promoted by the adults in our school community, our students will strive to achieve their potential physically, academically, and socially. Our behaviors and attitudes help shape our children's world view, and we make efforts to support activities and model the healthy lifestyle and positive attitudes that we wish our students to embrace and adopt.

Policy

As a Core Knowledge school, we are committed to utilizing and incorporating Core Knowledge content to achieve our school's mission. In addition to the physical education (nutrition, health, fitness, and physical skills) received in formal PE class, our Core Knowledge curriculum offers many opportunities for the promotion of healthy habits.. Our wellness focus is comprised primarily of safety, nutrition, and fitness goals.

We also have an ongoing Wellness Committee comprised of staff and parents which provides wellness-related resources for families and classrooms and monitors school compliance with federal, state, and district mandates. Wellness is a theme which is incorporated into school events and fundraisers, and wellness considerations are a made when making site decisions. We will work diligently to optimize our nutritional, personnel, and equipment resources at TCKS in pursuit of our goal of promoting and supporting wellness in our school community.