

# CAMPBELL HALL SCHOOL FOR GIRLS

## Health and Wellness Policy

**Effective Date:** [July 1, 2023]

Campbell Hall School for Girls is committed to fostering a healthy and supportive learning environment for all students. Recognizing the importance of physical and mental well-being in academic success, we have developed this Health and Wellness Policy to promote the overall health of our high school students. This policy encompasses various aspects of health, including nutrition, physical activity, mental health, and general well-being.

### **Section 1: Nutrition**

#### ***Healthy Eating Habits:***

Students are encouraged to consume a balanced diet comprising fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Nutrition education programs will be organized to raise awareness about healthy eating habits.

#### ***Hydration:***

Students are encouraged to stay hydrated throughout the day by drinking water, and water availability will be accessible and well-maintained. Sugary beverages will be limited in vending machines and offerings.

### **Section 2: Physical Activity**

#### ***Physical Education:***

All students must participate in physical education classes as per the curriculum. Activities will be inclusive and designed to promote cardiovascular health, strength, flexibility, and teamwork.

#### ***Extracurricular Activities:***

Students will participate in sports, dance, yoga, or other physical activities offered as extracurricular programs. We provide a variety of options to cater to different interests and abilities.

### **Section 3: Mental Health and Well-being**

#### ***Mental Health Support:***

We offer access to school counselors who can provide support and resources for students dealing with stress, anxiety, or other mental health issues. Workshops and seminars on stress management, mindfulness, and emotional well-being will be made available throughout the school year.

***Reducing Stigma:***

We foster a supportive and empathetic school culture where mental health issues are discussed openly, reducing the stigma associated with seeking help.

**Section 4: General Health and Safety*****Illness and Hygiene:***

We encourage students to stay home when they are ill to prevent the spread of contagious diseases. We will also promote good hygiene practices, including regular handwashing and respiratory etiquette.

***Sleep:***

Awareness about the importance of sufficient sleep for overall health and academic performance will be visited regularly. We discourage excessive use of electronic devices before bedtime to promote better sleep quality.

**Section 5: Parental and Community Involvement*****Parental Engagement:***

Parents are expected to be involved in health and wellness initiatives through regular communication, workshops, and informational sessions. We encourage parents to reinforce healthy habits at home.

***Community Partnerships:***

We collaborate with local healthcare providers, fitness centers, and community organizations to enhance health and wellness programs and resources.

**Section 6: Compliance and Monitoring*****Compliance:***

We will ensure compliance with this policy through regular assessments and evaluations of nutrition offerings, physical education programs, and mental health support services.

***Monitoring:***

Through the establishment of a committee responsible for monitoring the implementation and effectiveness of the health and wellness policy, we will regularly assess the health and well-being of students through surveys and feedback mechanisms.

By implementing and adhering to this Health and Wellness Policy, Campbell Hall School for Girls aims to create a nurturing environment where students can thrive academically, physically, and emotionally, preparing them for a successful future.

**Review and Updates**

This policy will be regularly reviewed and updated to reflect current best practices regarding Health and Wellness. Students, parents, and staff will be notified of any revisions to the policy.

End of Health and Wellness Policy.