

Policy Type: Results**Wellness**

Students will develop and maintain habits that contribute to personal wellness.

Students will:

- 4.1 ~~Appropriately express and manage emotions~~ **Feel a sense of belonging and connection in their school community.**
- 4.2 ~~Identify and manage stress, including maintaining reasonable balance between and among competing demands~~ **Maintain a healthy body.**
- 4.3 ~~Understand and avoid risky behaviors~~ **Understand their emotions and cope effectively with stress.**
- 4.4 ~~Practice behaviors that encourage physical health~~
- 4.5 ~~Understand the value of good nutritional habits~~

Adopted: 1/12/16

Revised: 2/9/16

Revised: 5/24/16

Revised: 9/27/16

Monitoring Method: ***Internal report***
Monitoring Frequency: ***Annually***