

## **Madison Consolidated Schools Wellness Policy Overview and Invitation to Participate**

As required by law, the MCS School Board has established the Madison Consolidated School's Wellness Policy for the School Corporation as a part of a comprehensive wellness initiative.

The Board recognizes that good nutrition and regular physical activity affect the health and well-being of the Corporation's students. Furthermore, research suggests that there is a positive correlation between a student's health and well-being and his/her ability to learn. Moreover, schools can play an important role in the developmental process by which students establish their health and nutrition habits by providing nutritious meals and snacks through the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

Schools alone, however, cannot develop in student's healthy behaviors and habits with regard to eating and exercise. It will be necessary for not only the staff but also parents and the public at large to be involved in a community-wide effort to promote, support, and model such healthy behaviors and habits.

The Board and Wellness Committee has set goals in an effort to enable students to establish healthier and nutrition habits.

The Board invites parents, students, teachers, food service personnel, PE teachers, school health professionals, school board members, school administrators, and the general public to be a member of the Madison Consolidated Schools Wellness Policy Committee. The Wellness Policy Committee will meet at least once during each school year to review each school's evaluation tool, the current Wellness Policy, and discuss recommendation to the current Wellness Policy.

If you are interested in participating in the Wellness Committee, contact Tonya Maschino at (812)274-8001 or [tmaschino@madison.k12.in.us](mailto:tmaschino@madison.k12.in.us)

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