

CHETEK-WEYERHAEUSER AREA SCHOOL DISTRICT BOARD OF EDUCATION POLICIES

Adopted: 3-24-03
Revised: 2-21-05
10-30-06

Witnessed by Clerk: _____

R-3 Health and Safety

All students will have self-respect and practice behaviors that lead to healthy, balanced, and positive lives

- 3.1 Students will practice healthy lifestyles, including
 - 3.1.1 Practice good nutrition habits
 - 3.1.2 Regularly engage in physical fitness activities
 - 3.1.3 Avoid drugs, alcohol, and tobacco
 - 3.1.4 Recognize and practice appropriate, rather than inappropriate, behaviors
 - 3.1.5 Exhibit mental wellness, having the ability and aptitude to meet the challenges of everyday life
 - 3.1.6 Practice proactive physical wellness
- 3.2 Students will protect physical, mental, and emotional well-being, knowing how to access help and support for themselves and others