

February 8, 2011

City of Emeryville and the Emery Unified School District
City/Schools Committee Policy # 1900
Wellness¹

The City Council of the City of Emeryville and the Board of Trustees of the Emery Unified School District, who together comprise the City/Schools Committee, are committed to enhancing the wellness² of the entire community.

The City/Schools Committee affirms that:

1. Physical and emotional health fosters success for children, youth, adults, seniors and families, and includes access to opportunities to be physically, intellectually, emotionally, and socially active in order to grow, learn, relax, and thrive.³
2. The quality and productivity of each individual's life is enhanced through participation in a comprehensive, sequential education and recreation system that promotes physical, intellectual, emotional, and social well-being.⁴

Accordingly, the City/Schools Committee (or their designees) shall:

- Provide environments⁵ that promote wellness, and encourage learning, relaxation and play by supporting healthy eating, physical, intellectual and social activity, and access to health services.
- Provide education and enrichment programs for children, parents, adults, families, and seniors about physical, intellectual, social and emotional wellness, thereby assisting all community members in making better-informed choices to lead healthier and more productive lives.⁶
- Ensure that schools, parks and other public use facilities support comprehensive wellness education activities, nutrition programs, and safe and healthy environments and experiences for community-building.

Adopted by the City/Schools Committee on _____

¹ Wellness enhances everyone's quality of life. (PCL Guiding Principle)

² The City/Schools Committee defines wellness as: "An active process of becoming aware of and making choices toward a more successful, optimal health, both for individuals and our collective community. This includes a balance of physical, emotional, social, and intellectual health." *Adapted from the National Wellness Institute, Website: <http://www.nationalwellness.org/>, and O'Donnell MP. Definition of health promotion: part III: expanding the definition. Am J Health Promot. 1989;3:5*

³ As aligned to the 7 Core Components of Emeryville's Healthy Cities Initiative (<http://www.healthycityinitiative.com/>); Educational Health, Environmental Stewardship and Sustainable Growth, Personal Wellness and Physical Health, Economic Health, Civic Health, Artistic and Cultural Health, Digital and Technological Leadership

⁴ Wellness programs must include health education, physical education, nutrition services, and psychological and counseling services, a safe and healthy school and community environment, parent and community involvement, and health promotion for staff. *Adapted from the California Physical Education Framework; the Health Framework for California's Public Schools recommends the development of Coordinated School Health System.*

⁵ As aligned to the City of Emeryville Parks and Recreation Strategic Plan (2011), the City of Emeryville General Plan (2010), the City of Emeryville Capital Improvement Program (2006)

⁶ As aligned to the Emery Unified School District's Wellness Policy (2006)