



## **Talawanda School District “A Healthy Learner is a Better Learner”**

The Talawanda Board of Education recognizes that good nutrition and regular physical activity affect the health and well-being of students. Research suggests that there is a positive correlation between a student’s health and well-being and his/her ability to learn. Schools can play a vital role in the developmental process of establishing healthy habits by providing nutritious meals, providing opportunities to learn about the benefits of healthy eating, and by promoting physical activity both in and out of school

Talawanda’s Board of Education has adopted a Wellness Policy as part of a comprehensive wellness initiative. Please visit <http://www.neola.com/talawanda-oh/> and type in “Wellness Policy” to view the adopted policy for the 2017-2018 school year.

The Talawanda Health Coordinating Council collaborates with the Superintendent to review and measure the implementation of the policy on a regular basis. This assessment can be found on the *Health & Wellness* page of the Talawanda School District website.

If you have any questions, please feel free to contact Amy Macechko, Health & Wellness Coordinator at [macechko@talawanda.org](mailto:macechko@talawanda.org) or at 513.273.3390.