

Personnel**General Personnel Policies****Staff Wellness**

The Watertown Unified School District values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Supporting staff wellness improves morale and productivity, decreases absenteeism, helps to decrease insurance costs, and helps staff members to be positive role models for students.

The District will establish a staff wellness committee or health council composed of staff members (including certified and non-certified staff) from each level (elementary, middle, and high school) along with resource people from the community. The wellness committee or health council will develop, promote, and implement a multifaceted plan to promote staff health and wellness. The plan will be based on input from faculty and staff and will outline ways to encourage healthy eating, increased physical activity, and promote other elements of a healthy lifestyle among staff.

Policy Approved: June 26, 2008

Policy Revised: June 25, 2012