



Rensselaer Central Schools Corporation

900 E. Washington St.
Rensselaer IN 47978

219-866-7822
www.rensselaerschools.org

Wellness Policy Goals for the 2026-2029 School Years

1. Promote nutrition and wellness through the school menus, vending machines and signage.
2. Educate students on nutrition through teacher and student-led lessons, activities, and discussion.
3. Continue to offer breakfast to all students throughout the corporation.
4. Support and promote proper dietary habits contributing to students' health status and academic performance.
5. Continue to hold Walk/Bike to School events twice a year.
6. Promote to students and staff using the school facilities during out of school hours.
7. Promote to the community, students, and staff Adult Fitness and Open Swim.
8. Establish and utilize Wellness Committees in every building to meet, discuss, and address student mental health and well-being.
9. Partner with our local health department on relevant health issues.
10. Meet in the Fall, Winter, and Spring as a committee to review the policy.