

HOW TO REVIEW YOUR SCHOOL WELLNESS POLICY WITH INCLUSION IN MIND

Involve People with Disabilities



This might include:

- Special Education teachers
- Paraeducators
- Parents of students with disabilities
- Students with disabilities
- Disability service organizations
- Community organizations that offer inclusive programs and services

Proper representation needs to be involved in all aspects of the wellness policy from development through evaluation.

- Involvement of people with disabilities does not end in the planning stages.
- Keeping appropriate representation throughout the process demonstrates your commitment to disability inclusion.
- Consider other factors like accessible transportation, alternative materials, and inclusive meeting spaces and practices so that all committee members can be actively engaged and participate.

Disability Awareness



Educate school wellness committee members about inclusion, accessibility, and health disparities of people with disabilities.

- Committee members must understand the broader societal issues that related to access and inclusion in order to facilitate full inclusion of students with disabilities.
- Committee members must understand, value and prioritize inclusion.



Assessment



Assess your school culture and environment related to the inclusion of students with disabilities.

- Are physical activity goals included in IEP's of students with disabilities?
- Do physical education teachers receive additional training on working with students with disabilities?
- Do students with disabilities participate in physical education classes with peers without disabilities?
- Is a minimum recess time required for all students, including students with disabilities?
- Do teachers and other staff receive disability awareness training?
- Are intramural or after-school adapted sports programs available to students with disabilities?
- Are playgrounds or outdoor play spaces accessible?

Policy and Implementation



Provide specific wording throughout your school wellness policy that includes children with disabilities.

- Avoid relying on the word “all” as the only indication that children and youth with disabilities are included.
- Include goals, objectives and outcomes that are specific to children and youth with disabilities.

Be Creative



- Fully including children and youth with disabilities might require some creative thinking.
- Parents or appropriate community organizations or disability advocates are an important voice as they will help support implementation of your inclusive school wellness policy.

For more information and ideas, go to NCHPAD's Discover Inclusive School Wellness Toolkit at www.nchpad.org/schoolwellness.

