

## **HEALTHY SCHOOL COMMUNITIES AND WORKPLACES**

The Board believes that the quality of student learning and the quality of student health are interdependent. Educational research supports this connection and acknowledges the school system's role in creating and supporting healthy school communities as foundations for optimal learning. The Division (BRSD) values the benefits of healthy lifestyles and supports environments that promote healthy living choices.

As follows, BRSD's Health Promoting Schools' holistic approach focuses on three specific tenets: mental well-being, physical activity, and healthy eating, and acknowledges the causal relationship among the three.

1) Mental Well-Being

- Definition: Creating and supporting positive social, emotional and moral development among students and the adult role models in their lives. Mentally well individuals are able to realize their abilities, can cope with the normal stresses of life, work productively, and contribute to their communities.
- Rationale: Students who have strong senses of self, belonging and who feel cared for at school are more likely to achieve greater academic success, have successful and rewarding relationships, and exhibit positive social behaviour and character traits.

2) Physical Activity

- Definition: Developing knowledge, skills and attitudes in a variety of physical activities and environments that strongly correlate with leading a healthy, active lifestyle.
- Rationale: Students who are physically active are more likely to exhibit on-task behaviour, academic success, and social inclusion. Engagement in physical activities encourages students to make health-enhancing choices and reduces the risk of obesity.

3) Healthy Eating

- Definition: Understanding and making nutritious food and beverage choices to sustain the body's physical, emotional and intellectual processes and development.
- Rationale: Nutrition plays a significant role in student growth, development, disease resistance, and physical and mental health. Students who make healthy nutritional choices reduce the risk of obesity and health issues. A successful school-wide approach includes the entire school community and works toward establishing healthy eating habits while limiting non-nutritious food and beverage choices in the school.

All Battle River schools, division sites, and departments will implement Administrative Procedure #190 in accordance with this policy and the following principles. Staff will:

- Ensure healthy learning environments for students and staff.
- Recognize the importance of students' emotional, social, intellectual and physical wellness to their success at school.
- Acknowledge that mental well-being, physical activity, and nutrition play significant roles in children's overall health.
- Acknowledge that students learn from role models at school, at home, and within the broader school community.
- Encourage students to think critically about the impact of their choices on their current and long-term health.
- Promote lifestyles that support healthy attitudes toward mental well-being, physical activity, and nutrition.
- Meet all provincial and curricular requirements with respect to daily physical activity (DPA), Physical Education, and Health \ CALM 20.

Amended: June 2018