

## **HEALTHY SCHOOL COMMUNITIES AND WORKPLACES**

### **Background**

The Division supports the creation of healthy school communities. “A healthy school community embeds a culture of wellness for the entire school community using a comprehensive school health framework to create an inclusive, collaborative and connected environment. It is a community that supports the wellness of all its members (e.g.: students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.”

The following procedures support a comprehensive implementation of Policy 21.

### **Procedures**

#### **1. Social and Physical Environment**

- 1.1 Embed a culture of health and well-being in every school.
- 1.2 Welcome, care for, respect and create safety for everyone in Division schools, in accordance with the Education Act.
- 1.3 Advocate for wellness and learning in all of the Division.
- 1.4 Encourage students to engage in physical activity inside and outside of the regular curriculum.
- 1.5 Create learning environments where social-emotional, physical and nutritional well-being are role modeled and developed in students and staff.

#### **2. Teaching & Learning**

- 2.1 Promote and encourage the development of physical, social-emotional and nutritional literacy.
- 2.2 Incorporate Health and Wellness into all curricular areas.
- 2.3 Utilize techniques to optimize students’ learning (i.e. movement breaks, breathing exercises).
- 2.4 Enhance students’ social-emotional literacy through individual, small group and universal activities designed to increase their self-awareness and empathy.

#### **3. Healthy School Policy**

- 3.1 Strive for the following minimum time allocations for quality Physical Education:
  - 3.1.1 Kindergarten to Grade 6: 30 minutes daily
  - 3.1.2 Grades 7 to 9: 45 minutes daily
  - 3.1.3 Grades 10 to 12: offer Physical Education 10 for 5 credits and offer diverse health-related programming (e.g. Health, Recreation and Human Services CTS courses, locally developed courses, etc.)

- 3.2 Promote an environment where healthy foods are available.
  - 3.2.1 All food and beverages distributed, provided by or sold at the school for any school-related purpose, including fundraisers and extracurricular activities, will use the Choose Most Often and/or Choose Sometimes categories according to the *Alberta Nutrition Guidelines for Children and Youth (ANGCY)* as a guide.

#### **4. Partnerships and Services**

- 4.1 Establish a Wellness Team in every school, which embraces the Comprehensive School Health approach. Include school staff, students, parents and community partners.
- 4.2 Select a School Wellness Leader to lead and support the Wellness Team.
- 4.3 Build partnerships between schools and key stakeholders including:
  - 4.3.1 Family School Liaison Workers (FSLW)
  - 4.3.2 Division Wellness Leader
  - 4.3.3 Alberta Health Services (AHS) School Health Promotion Facilitator and other AHS personnel (i.e. Registered Dietitian, Community Health Promotion, Mental Health Promotion and Addictions Prevention, etc.)
  - 4.3.4 BRSD Healthy School Communities and Workplaces Committee
  - 4.3.5 Children's Health and Mentorship Program (CHAMP) workers (Camrose only)
  - 4.3.6 School Councils
  - 4.3.7 Community partners (businesses, agencies, service clubs, etc.)

#### **5. Wellness Leaders will:**

- 5.1 Convene and chair the School Wellness Team.
- 5.2 Share wellness information with the School Wellness Team and all staff, including at staff meetings.
- 5.3 Champion the process of embedding wellness within the culture of the school.

#### **6. Wellness Leaders will receive:**

- 6.1 Assistance from the AHS School Health Promotion Facilitator.
- 6.2 Support through relevant Division professional development.

References: Alberta Coalition for Healthy School Communities  
- Consensus Statement for Healthy School Communities (2014)  
Alberta Nutrition Guidelines for Children and Youth

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