**Lethbridge School District No. 51**

**Wellness Work Plan**

**2017-2020**



**Wellness Work Plan**

Overarching umbrella of Universal Design for Learning- Building an inclusive, positive school culture that embraces diversity and facilitates access for all learners. There will be :

* **Healthy Schools Forum**- determined next three years direction- Mental Health Prevention work, examine structures within our school setting that impact Wellness- 2020 will be next Health Forum
* **Healthy Schools Champions**- 3 workshops/meetings
* **Wellness Committee**- 3 meetings a year plus subcommittee work (Policy work for 2018/19)
* **Policy review**- honor the Healthy Nutritional Choices Policy (504.11) and support the new Wellness Policy and Procedures drafted in May 2019- communication roll out to discuss with Garrett
* **Health Curriculum work**- meet 3X with Health Teachers and C.A.L.M. through the year to initiate a scope and sequence (including Digital Citizenship work)- partner with Curriculum and Counselling for 19/20 support new Counselling Coordinator
* **Tobacco and Cannabis**- continue to work with AHS in substance misuse education and communicate out to parents (drug and alcohol presentations)
* **Healthy Food Choices**- Continue to support schools on offerings unsweetened beverages (including artificial sweeteners), cafeteria selling smaller portions, vending machines at schools adhering to Alberta Food Guide
* **Nutrition Programs** – Alberta Education Nutrition Program ceasing (2019) and exploring other agencies/community that can support the nutritional needs of our students, seeking financial support for the District Fruit and Vegetable program that started in the 2018/19 school year
* **Sleep**- was focus for 2017/18 but continue to support how to encourage students, staff and parents to embrace healthier sleep habits (tech use)
* **Staff Wellness Throw down** – focus for the 2018/19 school year supporting wellness district wide, continue and fine tune for 2019/20 school year
* **Self**-**regulation and staff wellness**- focus for the 2017/18,2018/19 and 2019/20 school year start to look at high school transition to post sec and wellness support
* **University of Lethbridge**- Nurse practicums at our high schools
* **Physical activity**- explore next steps into 2019/20 (Steph presented to Health Champs in May 2019)

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| **Year 2 (2017/18)** | **Year 3 (2018/19)** | **Year 1 (of new cycle 2019-20)** |
| **Sleep**- Parent night to increase information about the importance of this, newsletter share, Alberta Health Services initiative at STAPLES and at Ready, Set, Go, connection to self-regulation and Laura Paiement Wellness Series. Counselling will host parent night that will involve the issue of sleep. | Plan at end of 2018 for upcoming year. | Continue to support sleep education in 6-12 classes – health forum concept is growing (SJF)-perhaps another parent education |
| Continue vision from 2016/17 | Continue vision from 2016/17 | Health Forum 2019 (November) |
| **Policy Review and Change**- worked with Healthy Schools Committee on Policy work for the year. Result: change in daily food offerings first in our District.Vending machines and Munchies eliminate artificially sweetened beverages and candy sales. | **Policy Review and Change**- Wellness policy to be drafted that is all encompassing- will integrate all elements of Wellness- spiritual, intellectual, social, emotional and physical.Update Nutrition Policy. | **\*New\* Wellness Policy and Procedure****-**share with administrators, DSC, Wellness Teams, HR |
| **Health Curriculum Work**- to finalize a Health Curriculum document and have shared with all Health/CALM teachers (alignment with work experience, careers, sexuality, digital citizenship, safety, relationships, utilization and incorporation of MyBlueprint | **Healthy Curriculum Work**- May need another year of work. | **New curriculum****-**pending- K-4 new government- continue to support physical education and health |
| **Tobacco and Cannabis**- continue work around preparation for cannabis legislation (“substance misuse” vocabulary) | **Tobacco and Cannabis**- staff procedures revised | **Substance Misuse Policy –**revised, continue to solicit support from AHS (Substance Education) |
| **Healthy Food Choices**- Morag to work with Administrators on vending machines only offering healthy food/drink options.Have established an agreement with Munchies that they will not serve beverages with artificial sweetener or candy in High School Cafeteria. | **Healthy Food Choices-**Revise Nutrition Policy to reflect new shift continue to promote communication around “Wellness”  | **Healthy Food Choices-** beef up Healthy Nutritional Choices Policy now that Wellness Policy is complete, continue to support high school cafeteria offerings, remind middle and high school about vending machines |
| **Nutrition Programs**- support and guide programs to run as nutrition programs versus food programs following Alberta Nutrition Guidelines for Children and Youth.Support healthy food celebrations and ideas- meet once or twice a year with Healthy School Champions regarding PL on nutrition.\*\*11 schools to participate for upcoming year, District Fruit and Vegetable program initiated | **Nutrition Programs**- support schools in following new policy and guidelines/protocols. Create more of a consistent approach with food delivery and education. | **Nutrition Programs-** Alberta Education support discontinued, schools have to procure their schools support (i.e. Breakfast Clubs of Canada, President’s Choice, Interfaith, etc.) attempt to continue the District Fruit and Vegetable program  |
|  |  | **Physical Activity-** survey schools in 2019/20 |
| **Wellness Grant-** successful schools: Mike Mountain Horse, Wilson, Senator Buchanan, Ecole Agnes Davidson, Fleetwood Bawden, Dr. Probe, Coalbanks, Galbraith and Lakeview. Majority of the grants are tied to self-regulation and sensory equipment.Laura Paiement (self-reg. guru) to host 2 evenings and consult to schools through the year. Laura also presented to parents and Support staffRelease second application in May 2018. | **Wellness Grant-** continue self-regulation and staff wellness identified as priorities. 16 applications for Wellness Grants. 14 schools will be supported with self-regulation/staff wellness this year. | **Wellness Grant-** continue to support Self-Regulation and move into more physical activity initiatives- high schools ? |
| **Healthy Schools Committee and Health Champions-** meet 3-4 X with the HS Committee, work on defining Health Champs roles with group. | **Healthy Schools Committee and Health Champions-** meet 3-4 X with HS Committee, share Health Champ roles and responsibilities**.** | **Healthy Schools Committee and Health Champions-** meet 3X with Wellness Committee, share Health Champ roles and responsibilities meet with Health Champs 3 X**.** |
| **Staff Wellness-** continued work around WHIP and EAP promotion | **Staff Wellness-** Wellness Grants can support this, “Wellness Throwdown”, WHIP and EAP | **Staff Wellness “Throw Down” -**continue (year 2)Monthly themes-**September**- “Get outside”**October-** “Steps”**November-** “Digital awareness”**December**- “Gratitude”**January**- “Get Moving” **February**-“Hydrate”**March**- Dieticians of Canada Nutrition month- topic to be determined**April**-“Celebrate Diversity”**May**- AHS and CMHA partnership theme to be determined |