

Lethbridge School District No. 51



*District Secondary
Wellness Coach*

*Board Presentation
April 25, 2017*



Wesley Spring

- Lethbridge Collegiate Institute
- Mathematics, Spanish, German
- District Secondary Wellness Coach



First Year/Transition Year

Promote Positive Mental Health	→	Challenging; role needs direction and clarity
0.2 FTE	→	One period per day
Collaborate with Health Champs and Wellness Teams	→	Difficult to do with different timetables, bell schedules, hard to "get in another school"
Attend Meetings and PD	→	Time for PD was very beneficial



PROJECT #1: HEALTH AND WELLNESS PD

- Health and Wellness was #1 on agenda at every staff meeting
- Information learned from Wellness Coach was packaged and delivered to whole staff through presentations
- The same presentations were then delivered to student body through advisor program
- In the fall – supplementary workshops were given by the student nurses
- 100 – 200 students attended each workshop



PROJECT #2: ENGAGING TEACHERS AND STUDENTS TOGETHER IN WELLNESS

- Student Wellness Action Team (SWAT) was created
- SWAT has great ideas for LCI future projects
- Staff acting as positive role models for physical and mental health through poster displays in classrooms
- Intramurals at lunch time attracting 100 – 200 students/day
- More staff would participate in intramurals if the lunch period was longer



PROJECT #3: REDUCING SEDENTARY BEHAVIOUR

- Standing workstations allow students relief from sitting
- Standing workstation project is an example of Comprehensive School Health in action
- Brain Breaks and Stretch Breaks used by staff
- District Wellness Coach PD strongly supports standing and movement to improve health and learning
- Sedentary Behaviour is a huge problem with our youth



WHY WE
STAND
AT LCI





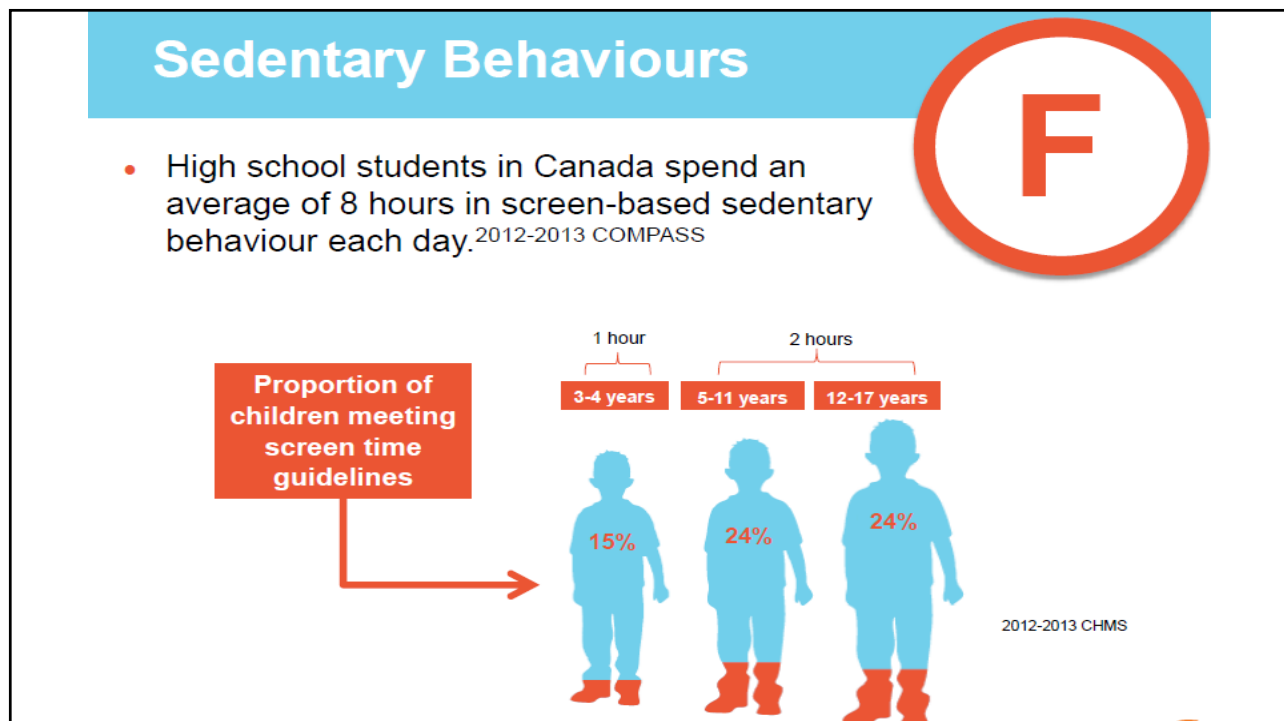
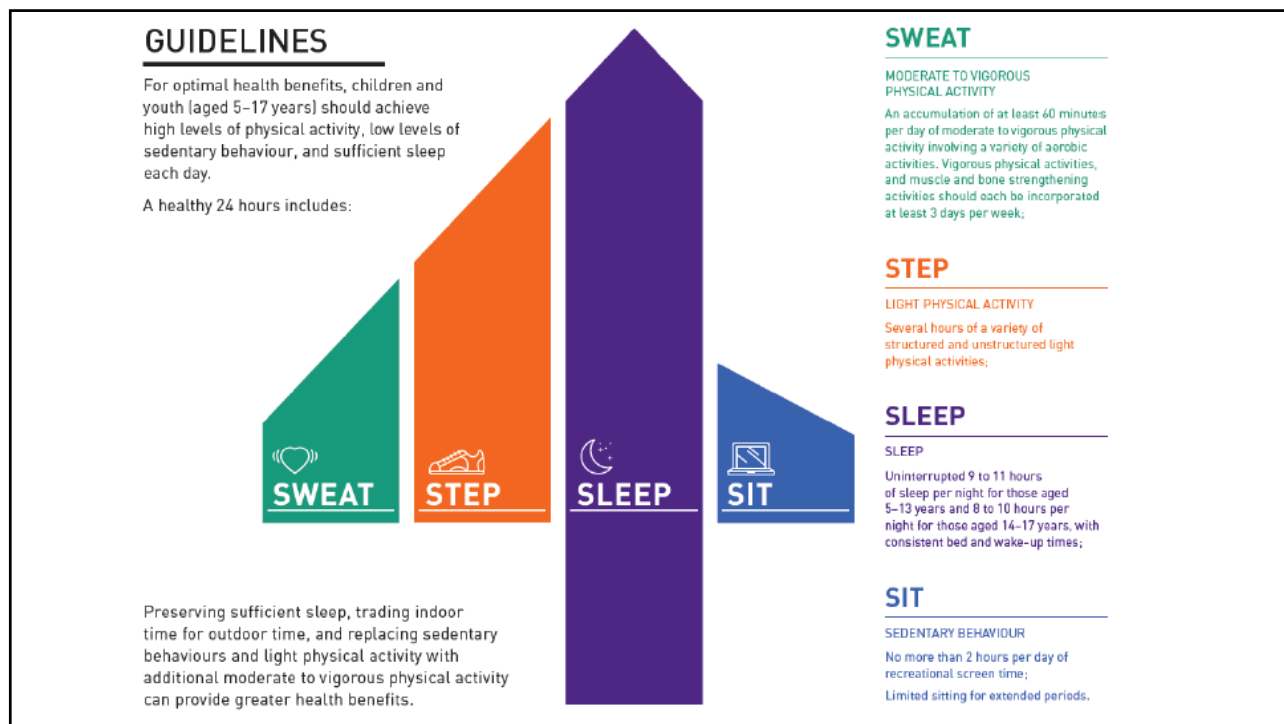
Moving Forward

- District Wellness Role → focus on high school? Rotate the position?
- What is our District's Vision for Health and Wellness?
- Do we **treat poor** mental health or **promote positive** mental health?
- Create a culture starting in elementary that values and supports the importance of physical activity

Canadian 24-Hour Movement Guidelines for Children and Youth

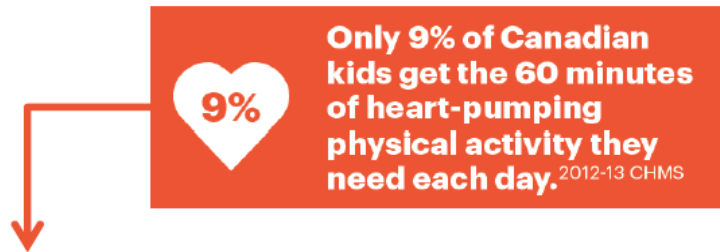
Canadian Society for Exercise Physiology (CSEP)





Overall Physical activity

D-



- **70% of children aged 3 to 4 meet the recommendation of 180 minutes of daily activity at any intensity.**
- As the guidelines change to 60 minutes of moderate- to vigorous-intensity physical activity per day, **only 14% of 5-11 year olds, and 5% of 12-17 year olds are meeting the guidelines.** 2012-13 CHMS

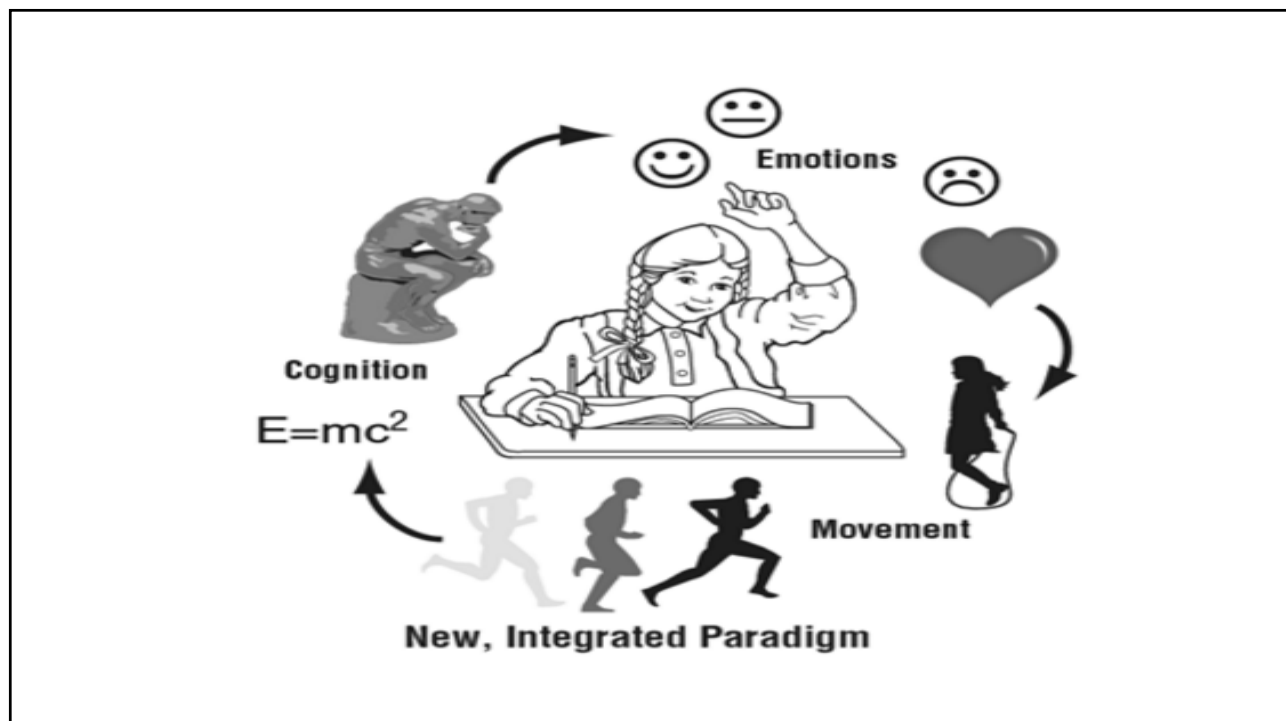
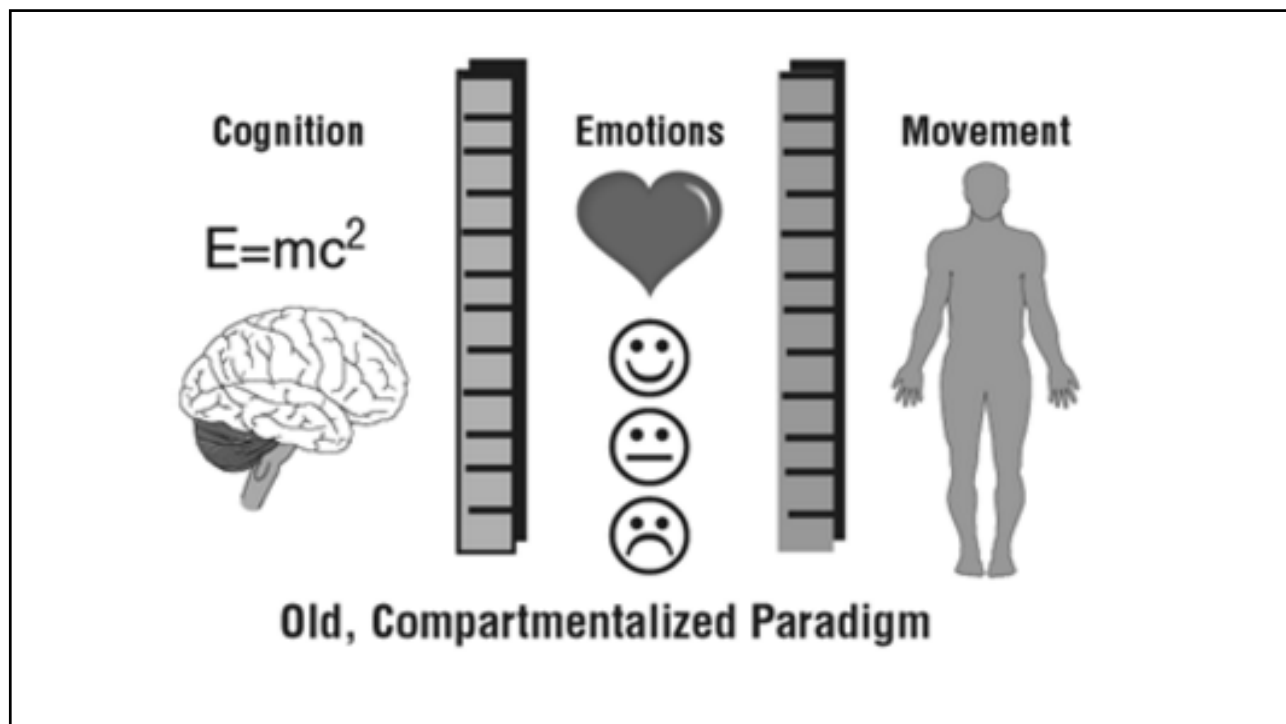


#1 in the world in Science

#6 in the world in Math

favorite #
83%

The drop in discipline problems in an inner city school in Charleston, SC when children began playing vigorous, fun games for 30 minutes every morning.



EXERCISE IMPROVES MENTAL HEALTH

- Research is very clear on the positive effect that exercise has on improving mental health
- In many studies, exercise is BETTER than medication

Long-Term Impact of Exercise vs. Medication on Depression

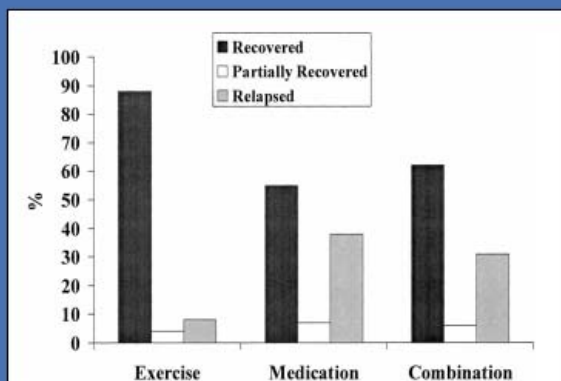


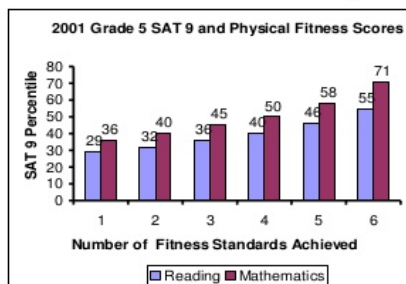
Fig. 1 Clinical status at 10 months (6 months after treatment) among patients who were remitted ($N = 83$) after 4 months of treatment in Exercise ($N = 25$), Medication ($N = 29$), and Combination ($N = 29$) groups. Compared with participants in the other conditions, those in the Exercise condition were more likely to be partially or fully recovered and were less likely to have relapsed.

Source: Psychosomatic Medicine: Journal of Biobehavioral Medicine

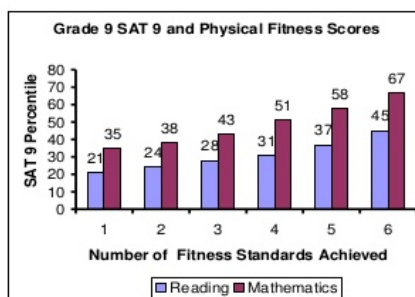
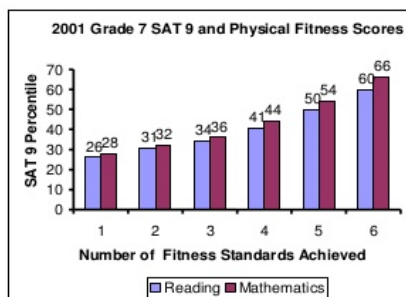
EXERCISE BOOSTS ACADEMIC PERFORMANCE

- There are many studies that show a correlation between physical fitness and higher grades
- In particular, MATH scores are affected the most by improved levels of fitness

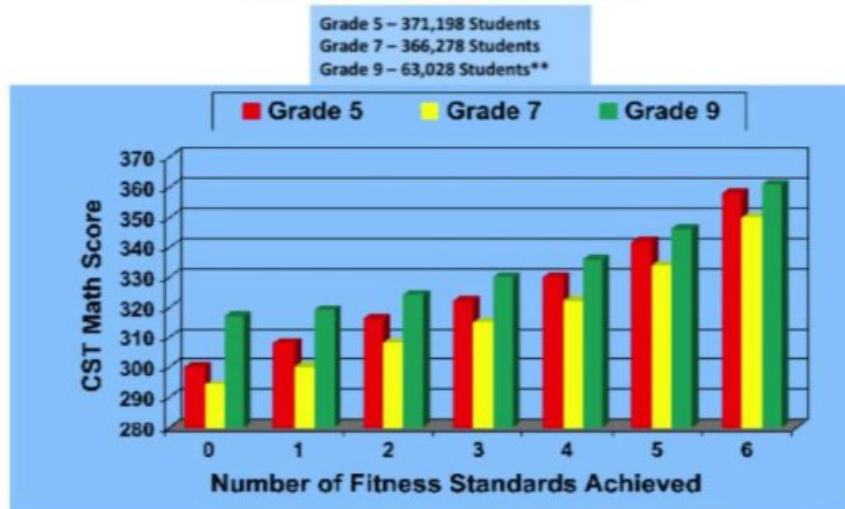
California Department of Education



- Higher academic achievement is associated with higher levels of fitness in grade 5,7,9.
- The relationship between academic achievement and fitness in grade 5,7,9 was greater in mathematics than in reading, particularly at high fitness levels.



2004 Scores in Math by Number of Fitness Standards



*California Standards Test

** Grade 9 Students who took CST geometry

Source: California Physical Fitness Test, 2004 Results, Calif. Dept. of Ed., April 2005

IN SUMMARY:

1. If the position remains in high school, rotate through the schools
2. More direction needed for the Wellness Coach role (job description/action plan)
3. The time allocated is very beneficial to work on school-based wellness projects

IN SUMMARY:

4. Students need more physical education at ALL levels
5. Positive physical health leads to positive mental health
6. Positive physical health leads to better learning and better academic outcomes