District Secondary Wellness Coach

Board Presentation
April 25, 2017

Wesley Spring

- Lethbridge Collegiate Institute
- Mathematics, Spanish, German
- District Secondary Wellness Coach
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)
GUIDELINES
For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.
A healthy 24 hours includes:

- **SWEAT**: Moderate to vigorous physical activity
  - An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities, vigorous types of activities, and muscle and bone strengthening activities should be incorporated at least 3 days per week.
- **STEP**: Light physical activity
  - Several hours of a variety of moderate and stretching light physical activities.
- **SLEEP**: Sleep
  - Uninterrupted 9 to 11 hours of sleep per night for those aged 5–12 years and 8 to 10 hours per night for those aged 13–17 years, with consistent bed and wake-up times.
- **SIT**: Sedentary behaviour
  - No more than 2 hours per day of recreational screen time.
  - Limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

---

Sedentary Behaviours

- High school students in Canada spend an average of 8 hours in screen-based sedentary behaviour each day. 2012-2013 COMPASS

**Proportion of children meeting screen time guidelines**

- 1 hour
  - 3-4 years: 15%
  - 5-11 years: 24%
  - 12-17 years: 24%

- 2 hours
Overall Physical activity

Only 9% of Canadian kids get the 60 minutes of heart-pumping physical activity they need each day.

- 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.

#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.
Old, Compartmentalized Paradigm

New, Integrated Paradigm
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
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.

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.
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