

## 504.2 Wellness In Schools

### Policy

Personal wellness within a system is optimized when there is support for the development of healthy attitudes and actions.

Wellness is a life-long process of personal growth that involves emotional, intellectual, physical, social, and spiritual well-being. Wellness contributes to the ability of individuals to reach their full potential. Optimal wellness incorporates the needs and priorities of learners, nurtures learning experiences, and enables successful transitions through life.

### Regulations

The primary vehicle for furthering wellness in the Division will be a Comprehensive School Health Framework including the following Five Dimensions of Wellness (Alberta Education, 2015):

1. **Emotional Wellness** is acknowledging, understanding, managing and expressing thoughts and feelings in a constructive manner.
2. **Intellectual Wellness** is the development and the critical and creative use of the mind to its fullest potential.
3. **Physical Wellness** is the ability, motivation, and confidence to move effectively and efficiently in a variety of situations, and the healthy growth, development, nutrition and care of the body.
4. **Social Wellness** is relating positively to others and is influenced by many factors including how individuals communicate, establish and maintain relationships, are treated by others, and interpret that treatment.
5. **Spiritual Wellness** is an understanding of one's own values and beliefs leading to a sense of meaning or purpose and a relationship to the community.

The Board delegates to the Superintendent the authority to develop the procedures necessary to implement this policy.

## References

- Division Policies: 400.1 Welcoming, Caring, Respectful and Safe Work Environments; 402.8.3 Employee Assistance and Wellness Programs; 502.1 Welcoming, Caring, Respectful and Safe Learning Environments; 502.1.1 Student Safety; 502.2 Sexual Orientation, Gender Identity and Gender Expression; 502.3 Suspensions and Expulsions; 504.11 Healthy Nutritional Choices; 504.1 Managing Health Issues In Schools; 602.7 Human Sexuality Instruction; 607.4 Responsible Use of Technology; 608.1 Counselling Services; 700.3 Hazard Control; 700.6 Workplace Health and Safety- Emergency Response Planning
- Other: Framework for K-12 Wellness Education, Alberta Education; Alberta Health Services Framework for the Comprehensive School Health Approach (October 2012)