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)