

504.2 Wellness In Schools

Wellness is a life-long process of personal growth that involves emotional, intellectual, physical, social and spiritual well-being that enables all learners to reach their full potential.

Supporting system wellness is a shared responsibility of the whole school community. The whole school community includes staff, division, community stakeholders, students and their families. Our personal and professional commitment to achieving and understanding optimal wellness for all, will support innovative thinkers who are successful, confident, respectful and caring.

1. Staff will:
 - 1.1 **Recognize** the importance of students' wellness to their success at school.
 - 1.2 **Ensure** safe and healthy learning environments for students and staff.
 - 1.3 **Acknowledge** that mental wellness, physical activity, and nutrition play significant roles in children's overall health, and readiness to learn.
 - 1.4 **Encourage** student to think critically about the impact of their choices on the current and long term wellness.
 - 1.5 **Understand** their capacity as a role model to influence wellness in their classroom and school.
2. Schools will:
 - 2.1 **Recognize** the importance of supporting school wide wellness for staff, students and families.
 - 2.2 **Partner** with community organizations to deliver and support programs and services that contribute to wellness.
 - 2.3 **Ensure** they elect one Health Champion yearly who oversees wellness in the school and attends regularly scheduled Health Champion Division Meetings.
 - 2.4 **Support** Division Priorities around Wellness.
3. Division will:
 - 3.1 **Recognize** the importance of supporting division wide wellness for the whole school community.
 - 3.2 **Ensure** a Wellness Committee is formed and goals associated are reviewed annually.
 - 3.3 **Commit** to resource allocation to support wellness initiatives as developed via the Wellness Committee.
 - 3.4 **Communicate** the impact wellness has on the entire school community.

4. Students will:
 - 4.1 **Demonstrate** a developmentally appropriate understanding of the impact of wellness in their life and learning.
 - 4.2 **Aspire** to integrate wellness skills and attitudes that will achieve optimal wellness.
 - 4.3 **Advocate** for wellness opportunities within their learning environment.

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)