

HEALTHY SCHOOL COMMUNITIES AND WORKPLACES

Livingstone Range School Division believes that healthy living is a worthwhile goal for students, staff and school communities. We believe that students and staff who are supported through a healthy environment are better able to achieve the goals of education, and to enjoy a healthy, productive life. This healthy environment is best achieved through a Comprehensive School Health approach.

This model aligns with the principles described in the provincial document *Inspiring Education: A Dialogue with Albertans* and the following health components described in *The Framework for Kindergarten to Grade 12 Wellness Education*.

Physical Wellness	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;
Emotional Wellness	The acknowledgement, understanding, and managing thoughts and feelings in a constructive manner;
Social Wellness	Relating positively to others and influenced by many factors including how individuals communicate, establish, and maintain relationships, treated by others and interpret that treatment;
Intellectual Wellness	The development and the critical and creative use of the mind to its fullest potential; and
Spiritual Wellness	An understanding of one's own values and belief leading to a sense of meaning or purpose and a relationship to the community.

Livingstone Range seeks to address all of these components using an integrated approach to health promotion in school communities through the interrelated key priorities of:

- active living,
- healthy eating,
- mental and emotional stability, and
- building positive social environments.

The Board recognizes that these four key priority areas are best supported through the pillars of Comprehensive School Health:

- Healthy School Policies
- Community Partnerships and Services
- Strategic Teaching and Learning
- Positive Social and Physical Environments

All Livingstone Range Schools, division sites, and departments will implement Administrative Procedure 306 - Healthy School Communities and Workplaces, in accordance with this policy and the following principles.

Staff will:

- Ensure healthy learning environments for students and staff.
- Recognize the importance of students' emotional, social, intellectual and physical wellness to their success at school.
- Acknowledge that mental well-being, physical activity, and nutrition play significant roles in children's overall health.
- Acknowledge that students learn from role models at school, at home, and within the broader school community.
- Encourage students to think critically about the impact of their choices on their current and long-term health.
- Promote lifestyles that support healthy attitudes toward mental well-being, physical activity, and nutrition.
- Provide opportunities to meet provincial and curricular requirements with respect to daily physical activity (DPA), Physical Education, and Health \ CALM 20.

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References:

Administrative Procedure 306
School Act