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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May, 2017

References:
Administrative Procedure 306
School Act