

COMPREHENSIVE SCHOOL HEALTH AND WELLNESS

Background

The Board of Trustees commits, within the limits of resources, to support the creation of school environments that promote comprehensive school health, wellness and facilitate healthy lifestyle choices for staff and students. This is in line with our Catholic belief that the human body is created in the image and likeness of God, and is to be treated with dignity and properly cared for. In order to grow, learn and thrive, students need access to healthy eating, active living and positive Christ-centred social and emotional wellness. The Division will engage stakeholders to discuss and jointly make decisions which promote healthy lifestyle choices.

Guidelines

While the overarching philosophy of this administrative procedure establishes specific guidelines at the board level, there is recognition that each school has its own uniqueness and is encouraged to meet these healthy eating, active living and positive Christ-centred social and emotional wellness guidelines within its own environment.

Procedures

Healthy Eating means:

1. All students, K-12, will have opportunities, support and encouragement to access healthy eating.
2. Foods and beverages sold or served at school will support healthy eating choices.
3. Schools will provide nutrition education and will establish links between education, food available at school and for school activities.
4. The school will link health education and foods available in the school, will schedule lunch breaks with time for eating and recreation, will limit the use of food rewards, will include both foods from the “*Choose Most Often*” and “*Choose Sometimes*” categories as outlined in the Alberta Nutrition Guidelines for Children and Youth on special occasion days.
5. The school will promote healthy, reasonably priced food choices; will access expertise in the community, offer foods from the “*Choose Most Often*” and “*Choose Sometimes*” categories, and only rarely, foods from the “*Choose Least Often*” category.
6. The staff may choose healthy fundraising options, may create a positive food environment, review options with food providers for healthy schools, and define frequency of special food days.

7. The schools will link with the health authority, coordinate information regarding school stores, cafeterias and vending, increase access to food programs to reduce hunger, meet regularly with division suppliers.

Active Living means:

1. All students, K-12, will have opportunities, support and encouragement to access active living activities.
2. All students are encouraged to become more actively engaged in meeting General Outcome B of the Physical Education Program of Studies: Students will understand experience and appreciate the health benefits that result from physical activity.
3. All students are encouraged to become more actively engaged in meeting General Outcome D of the Physical Education Program of Studies: Students will assume responsibility to lead an active way of life.
4. The school will facilitate student activity levels and cardiovascular health to promote student and staff physical activity through use of programs such as, but not limited to, Healthy Hearts and Everactive Schools.

Positive Christ-centred Social and Emotional Wellness means:

1. All students, K-12, will have opportunities, support and encouragement to access positive Christ-centred social and emotional wellness.
2. All students will be provided with knowledge, skills, attitudes and opportunities to:
 - 2.1 to know Jesus Christ;
 - 2.2 realize their abilities;
 - 2.3 cope with the normal stresses of life;
 - 2.4 learn and work productively; and
 - 2.5 contribute to their communities.
3. All students will be provided with guidance and opportunities to demonstrate positive Christian characteristics:
 - 3.1 recognize what Jesus would do;
 - 3.2 prayer life;
 - 3.3 understand, manage and express thoughts and emotions in constructive ways;
 - 3.4 feel connected, safe and valued;
 - 3.5 establish positive relationships and support networks;
 - 3.6 practice reflective and metacognitive thinking skills;
 - 3.7 develop mindfulness;
 - 3.8 demonstrate resiliency and coping skills; and
 - 3.9 understand benefits of spiritual and mental well-being, physical ability, healthy eating choices, and learning.

Christ-centred Catholic Wellness Communities means:

1. All employees act from a faith-based understanding that prayer life, staff advocacy and role modeling influence wellness and learning.
2. School or site leaders, together with staff and stakeholders, will establish environments that support, ensure and integrate positive Christ-centred social and emotional wellness, physical activity and healthy eating.
3. Schools will support and provide learning opportunities for staff in positive Christ-centred social and emotional wellness, physical activity and healthy eating.

Reference: [Alberta Nutrition Guidelines](#)
[Everactive Schools](#)
[City of Leduc Healthy Hearts](#)