

## Policy 19

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### WELLNESS

The Board of Trustees believes that students and employees who are physically and mentally well are better able to achieve the goals of education. Educational research recognizes this connection and acknowledges the school system's role in creating and supporting healthy school communities as foundations for optimal learning.

The Board of Trustees is committed to student and employee wellness in the areas of physical well-being, (healthy eating and active living) and mental well-being (emotional well-being, spiritual well-being and positive social environments).

1. Physical well-being: the ability, motivation and confidence to make choices that result in healthy growth, development, and care of the body.
  - 1.1 Healthy eating: consists of consuming the types and quantities of foods that offer an ideal balance between nutrition and energy to support childhood growth as well as adult metabolism. The Alberta Nutrition Guidelines for Children and Youth assist Albertans to create an environment that provides and promotes healthy food choices and healthy attitudes about food.
  - 1.2 Active living: Developing knowledge, skills and attitudes that strongly correlate with leading a healthy, active lifestyle.
2. Mental and Emotional well-being: recognizing and acquiring the skills and potential that contribute to a positive self-worth
  - 2.1 Emotional well-being, acknowledging, understanding, managing and expressing thoughts and feelings in a constructive manner; is supported in developing a strong sense of self.
  - 2.2 Spiritual well-being: the beliefs, practices, customs and rituals that are deeply personal and embedded in virtually all cultures and traditions.
  - 2.3 Positive social environment: building a predictable and safe environment, relating positively and respectfully to others, supporting a strong sense of belonging and connection.

Legal Reference: Section 60, 61 School Act  
Alberta Nutrition Guidelines for Children and Youth