



## **Section Four: Students**

### **423 - HEALTH PROMOTING SCHOOLS**

#### **Introduction**

The Board of Education is committed to ensuring all students and staff have the opportunity to learn and work in a ‘healthy and safe’ school and/or other work environment.

The Board believes that healthy children are better able to learn and that our schools can directly influence the health of students. The Board also believes that promoting students’ health is a responsibility shared with parents, the health sector and the community.

The Board further believes that health promoting schools are more cost effective in reducing illness and in building attitudes and behaviours important for healthy living.

The Board believes a health promoting school is one that constantly strengthens its capacity as a healthy setting for living, learning and working.

#### **Policy**

The Board supports adopting a ‘health promoting schools’ approach, a common and well recognized framework, which emphasizes the following key components:

- All students are taught the essential knowledge and skills they need to become ‘health literate’ – that is to make health enhancing choices and to avoid behaviours that can damage their health and well-being;
- Every school is a healthy and safe place for students and staff to learn and work and has a climate that nurtures learning, achievement and growth of character;
- Each school supports the adoption of health promoting behaviours for students while encouraging staff to model healthy lifestyles;
- Partnerships are formed between administration, school staff, students, parents, the community and the health sector to support health promoting schools;
- Support services are available and a supportive social environment is encouraged;
- District Committee and school based committees are developed to implement policies and practices and to identify and address health related issues in an ongoing, sustainable way as part of the district and school improvement planning;
- Every school strives to:
  - provide an environment of care and respect,
  - promote positive relationships, and
  - promote a sense of belonging.



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To facilitate and support schools in adopting a health promoting schools approach, the Board directs the establishment of:

1. A District Health Promoting Schools Committee comprised of representatives from the Board of Education, COPAC, COPVPA, COTA, CUPE, Students, District Staff, the Aboriginal community, the Mental Health Community, and Interior Health Authority. The mandate of this committee is to:
  - 1.1 Assist in the implementation, review, and evaluation of the District Health Promoting Schools Plan utilizing the key components addressed in this policy;
  - 1.2 Act as a resource for and receive input from the school based committees;
  - 1.3 Research various health-promoting school related issues;
  - 1.4 Assist the Superintendent with general oversight, planning, evaluation of all aspects of the district and school health programs; and,
  - 1.5 Provide recommendations to the Superintendent and the Board on further program planning.
2. School based committees which may be the Parent Advisory Council (PAC) or a separate partner representative committee reporting to the PAC, with a mandate to:
  - 1.1 Utilize the district’s Health Promoting Schools Plan, to identify their unique ‘healthy’ school needs;
  - 1.2 Prioritize areas of need;
  - 1.3 Develop and implement a plan of action;
  - 1.4 Review progress as part of the school planning process and report the progress achieved towards healthy school initiatives within the annual school plan.

Utilizing the Ministry of Education’s Health-Promoting Schools framework and with the aid of the District Health Promoting Schools Committee and the School based committees, the Superintendent and/or designate will:

- Ensure the District Health Promoting Schools Plan is implemented within the school district and annually report to the Board with recommendations;
- Review, update, and evaluate the district Health Promoting Schools Plan which addresses the key components as outlined in this policy.