



204BP School Health and Wellness

ADOPTED: 2012.11.28
APPROVED: 2019.11.27 (2015.08.20) (2012.09.19)
AMENDED: 2019.11.20 (2015.06.23)
REVIEWED: 2025.02.19 (2019.11.20) (2015.06.23)

LEGAL REFERENCE:

- *Education Act*
- Human Rights Legislation
- Criminal Code of Canada

CROSS REFERENCE:

- [202.7AP Student Code of Conduct](#)
 - [402.2AP BTPS Staff Code of Conduct](#)
 - [801.1AP Workplace Health & Safety](#)
 - <http://www.participaction.com/>
 - <http://www.albertahealthservices.ca/csh.asp>
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POLICY STATEMENT:

The Board believes that the health and wellness of a caring school community is a priority. While the primary responsibility for the health and well-being of a child rests with the parents/guardians, schools have a legislated responsibility to safeguard children's physical, emotional, nutritional, mental health. The school will work collaboratively with parents and community stakeholders to foster lifelong habits that improve the health and well-being of employees and students in a safe, caring and respectful learning environment. Buffalo Trail Public Schools will utilize a Comprehensive School Health approach and has identified Active Living, Healthy Eating, and Positive Social Environments as priority areas in the district. <https://www.albertahealthservices.ca/>

GUIDING PRINCIPLES:

1. Active Living: Those who are physically active are more likely to exhibit on-task behaviour, academic success, and social inclusion. Incorporation of activity into daily routine and an active living lifestyle supports optimal physical, cognitive and social growth and development that helps maintain a healthy body weight and reduces the risk of chronic disease.
<http://www.participaction.com/>

2. **Healthy Eating:** Nutrition plays a significant role in growth, developing disease resistance, and physical and mental health. Those who make wise and healthy food choices based on Canada's Food Guide to Healthy Eating and The Alberta Nutrition Guidelines for Children and Youth (ANGCY) support optimal physical, cognitive and social growth and development while reducing their risk of obesity and chronic disease. <http://hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> www.healthyeatingstartshere.ca

3. **Positive Social Environments:** Students and staff who have a strong sense of self and belonging and feel safe and cared for at school/workplace are more likely to maximize their learning, have successful and rewarding relationships, and exhibit positive social/emotional behaviours. <http://www.everactive.org/>