



## 204.1AP Health & Wellness Action Plans

**ADOPTED:** 2015.06.23

**APPROVED:** 2015.06.23

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### LEGAL REFERENCE:

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- *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.everactive.org/>
  - [Alberta Health Services](http://www.albertahealthservices.ca)
  - [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca)
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### GUIDELINES:

- 1. Active Living:**  
Provide quality daily physical activity (grades 1-9) and encourage students to engage in physical activity inside and outside of regular curriculum to support their development as healthy, active learners.
- 2. Healthy Eating:**  
When considering fundraising initiatives, classroom/school activities (ie: special events, annual celebrations, staff meetings, canteen, curriculum, etc.) healthy alternatives will be sought using the Alberta Children and Youth Nutrition guidelines.
- 3. Positive Social Environment:**  
Schools and Central Services will establish and maintain a caring environment that develops the knowledge, skills and attitudes necessary to enable individuals to make choices that foster nutritional, emotional, and physical well-being.

Each school will establish a Wellness Committee (consisting of students, staff, administration, parents, and community members) and will utilize the Comprehensive School Health approach to support the embedding of active living, healthy eating and positive social environments to their school community in the following ways:

- Identify an individual on the committee to be the School Health Champion
- Provide for the sharing of accurate and reliable health related resources
- Create and maintain a School Health Action plan
- Encourage healthy habits and lifestyles

The Health Champion will:

- Be the school contact for the district
- Collect information on health related resources to bring back to committee
- Post and update the School Health Action plan