

WELLNESS EDUCATION

Background

The Board believes that acquiring the knowledge, skills and attitudes necessary to develop healthy habits for life are critical components of student wellness, student achievement, and high school completion. Therefore, the Board supports a comprehensive school health approach to wellness education.

The Board endorses the Alberta *Education Framework for Kindergarten to Grade 12 Wellness Education*, definition of wellness and the five dimensions of wellness.

Wellness is a balanced state of emotional, intellectual, physical, social, and spiritual well-being that enables students to reach their full potential in the school community. Personal wellness occurs with a commitment to lifestyle choices based on healthy attitudes and actions.

The five dimension of wellness are described as:

1. Emotional wellness is acknowledging, understanding, managing, and expressing thoughts and feelings in a constructive manner.
2. Intellectual wellness is the development of the mind and its critical and creative use .
3. Physical wellness is the ability, motivation, and confidence to move effectively and efficiently in a variety of situations, and the healthy growth, development, nutrition and care of the body.
4. Social wellness is relating positively to others and is influenced by many factors, including how individuals communicate, establish and maintain relationships, are treated by others and interpret that treatment.
5. Spiritual wellness is an understanding of one's own values and beliefs leading to a sense of meaning or purpose and a relationship to the community.

Procedures

1. PLRD will support school health planning and implementation through integrated practices.
2. Each school in consultation with stakeholders will develop a school health plan, including delivery and support of:
 - 2.1 Health and physical education programs of study.
 - 2.2 Wellness dimensions integrated across all K to 12 subject areas.
 - 2.3 Wellness related courses from other areas, including, but not limited to career and technology studies courses and arts education courses, that provide students with

opportunities to gain in-depth knowledge and apply their skills in specific wellness related topic areas.

- 2.4 Division endorsed programs to promote wellness (Eg: Family Resource Worker Program, Alberta Health Services Comprehensive School Health Program, Ever Active Schools, Safe and Caring Schools, and Physical and Health Education Canada).
- 2.5 Student leadership initiatives (Eg: Student-led projects, *Creating Active Sustainable Leaders*, *One Smart World 7 Habits of Highly Effective Teens*.) that provide opportunities for students to gain an understanding of the five dimensions of wellness.

Reference: Alberta Education for Kindergarten to Grade 12 Wellness Education

Approved: May 2011

Revised: April 2012