

Physical Well-Being

What is our goal?

To increase the number of students who develop habits associated with active living that improve physical, cognitive and mental health and well-being.

How will we achieve it?

- Provide and promote resources that schools can use to promote daily physical activity (Winter 2018)
- Promote and implement a plan for Active, Safe and Sustainable Transportation programs in a greater number of schools (ongoing), including:
 - Promotion of Board-wide Walk to School days
 - Support school biking initiatives through actions such as installation of bike racks
 - Work with stakeholders to develop a protocol for responding to student accidents
- Develop a multi-year plan to improve outdoor learning and a variety of play environments in school (ongoing), which may include:
 - Conducting a condition assessment for all play areas and develop a multi-year plan for rejuvenation
 - Establishing standards for outdoor play, including equipment, shade requirements and access to year-round play spaces
 - Annually planting large caliper trees on school property
 - Collaborating with schools to address key factors for improving outdoor play including supervision practices to support creative play, and environmental improvements to enhance the play landscape
- Develop partnerships with community organizations that offer evidence-informed and culturally-responsive programming that supports both physical and mental health and well-being (ongoing)

How will we know we are successful?

- The use of resources provided to schools will increase.
- Gaps in achievement and well-being will decrease while the expectations remain high for all students because we are providing access to the programs, resources and opportunities that all students require.
- The number of schools engaged with community partnerships in this area will increase.
- Ongoing monitoring of the key indicators related to well-being in the Student Census data and informal school surveys.