

## YORK CATHOLIC DISTRICT SCHOOL BOARD



BOARD POLICY	
<i>Policy Section</i> <b>Students</b>	<i>Policy Number</i> <b>201</b>
<i>Former Policy #</i>	<i>Page</i> <b>1 of 4</b>
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### POLICY: HEALTHY SCHOOLS

#### SECTION A

##### 1. PURPOSE

It is the belief of the York Catholic District School Board (YCDSB) that:

- 1.1 The teachings of Christ are the primary pillar that support a Healthy School;
- 1.2 All students and staff are entitled to work and learn in Healthy Schools that are responsive to needs identified in relation to the Board's Multi-Year Strategic Plan, and in accordance with the Ministry of Education Guidelines;
- 1.3 A Healthy School positively impacts student achievement and success; and
- 1.4 A Healthy School assists students in achieving Catholic Graduate Expectations.

##### 2. OBJECTIVE

It is the policy of the York Catholic District School Board to promote and sustain a Healthy School environment and to encourage an active healthy lifestyle.

##### 3. PARAMETERS

- 3.1 The Ministry of Education's Health and Physical Education Curriculum, Healthy Schools Framework, will guide all school community members in the development of a Healthy School.
- 3.2 The Healthy Schools Framework identifies these essential elements to creating a Healthy School Environment:
  - 3.2.1 Curriculum, Teaching & Learning
  - 3.2.2 Home, School, Parish & Community Partnerships
  - 3.2.3 Mental Health & Well-Being Strategy
  - 3.2.4 School & Classroom Leadership
  - 3.2.5 Social & Physical Environments
  - 3.2.6 Student Engagement

- 3.3 The Healthy Schools Framework offers curriculum connections, classroom resources and weblinks related to Nutrition, Physical Activity (including Daily Physical Activity, DPA), Dental Health, Substance Use, Addictions, and Related Behaviours, Injury Prevention, Handwashing, and Sun Safety Awareness.
- 3.4 Schools will establish a Healthy Schools Committee comprised of administration, staff, students, parents and/or community members.
- 3.5 Using the Healthy School Framework, Healthy School Committees will establish an annual Healthy School SMART goal, with appropriate strategies and timelines that are based on the unique needs of each school community.
- 3.6 Policy 201A Eating and Nutrition and Policy 201B Physical Activity should be reviewed annually by the Healthy Schools Committee when setting goals.

#### **4. RESPONSIBILITIES**

##### **4.1 Director of Education**

- 4.1.1 To oversee compliance with the Healthy Schools policy.

##### **4.2 Superintendent of Education overseeing Healthy Schools**

- 4.2.1 To oversee the Board's processes to promote and sustain a Healthy School environment in alignment with the Ministry's Healthy School Strategy.
- 4.2.2 To support and act as a resource to the Health and Physical Education Consultant.

##### **4.3 Superintendents of Education**

- 4.3.1 To build system capacity and understanding of the Healthy Schools Framework and how it connects to the YCDSB Vision and Religious and Family Life Education and Health Programs;
- 4.3.2 To collaborate with schools and community partners (parish, municipal, regional and provincial) to promote a common understanding of a Healthy School;
- 4.3.3 To share successful practices and advise on future directions.

##### **4.4 Principals and Vice-Principals**

- 4.4.1 To support school participation in the Healthy Schools Recognition Program led by the Ontario Ministry of Education and the York Region Healthy Schools Program;
- 4.4.2 To provide leadership and learning opportunities to teachers, students, staff, parents, school councils and community members to implement and sustain the Healthy Schools Framework;
- 4.4.3 To create a Healthy School Committee (comprised of staff, parents, students and community partners), who will use the Healthy Schools Framework to develop and implement an Action Plan for selected health topics;
- 4.4.4 To support students to participate in the Healthy Schools Committee and/or related activities to help meet the Catholic Graduate Expectations of responsible citizenship and development of self-directed, responsible, lifelong learning;
- 4.4.5 To use the Healthy Schools Framework as a resource to support the development and implementation of the School Improvement Plan (e.g., in setting safe school goals as well as religious goals);

- 4.4.6 To support staff health by providing information on the Employee Assistance Program and support participation in the Employee Wellness Program and Faith Ambassadors Activities.

#### **4.5 School Staff**

- 4.5.1 To provide opportunities for students to increase their knowledge, skills, and attitudes with regards to the Healthy Schools Framework;
- 4.5.2 To integrate the Healthy Schools Framework into daily practices;
- 4.5.3 To participate in the Healthy School Committee and/or related activities;
- 4.5.4 To model healthy behaviours;
- 4.5.5 To provide opportunities for student leadership on the Healthy Schools Committee and related activities that help meet the Catholic Graduate Expectations of responsible citizenship and development of self-directed, responsible, lifelong learning.

#### **4.6 School Councils**

- 4.6.1 To support school participation in the Healthy Schools Recognition Program led by the Ontario Ministry of Education;
- 4.6.2 To provide educational opportunities for families around this policy;
- 4.6.3 To participate in the Healthy Schools Committee and/or related activities;
- 4.6.4 To support and promote the Healthy Schools Framework as an integral part of activities within the school community.

#### **4.7 Students, Parents, Community Members**

- 4.7.1 To take opportunities to acquire and apply knowledge and skills that develop and sustain positive health habits in their home environments and school communities;
- 4.7.2 To participate in the Healthy School Committee and/or related activities.

### **5. DEFINITIONS**

#### **5.1 Daily Practices**

Daily practices include but are not limited to curriculum delivery, religious celebrations, co-curricular activities, school and community events.

#### **5.2 Healthy School**

A healthy school provides opportunities for all school community members to make healthy choices in a working and learning environment that is respectful of their spiritual, social, emotional and physical well-being.

#### **5.3 Healthy School Framework**

A framework that outlines school, community programs that can be utilized to implement healthy behaviour changes.

#### **5.4 School Community Members**

Includes, but is not limited to, parents, administrators, teaching staff, staff, students and members of the local parish community.

## 6. CROSS REFERENCES

[Ontario Society of Nutrition Professionals in Public Health, October 2010](#)

[Sabrina's Law, An Act to Protect Anaphylactic Pupils 2005](#)

[Ministry of Education, Healthy Schools: Sabrina's Law](#)

[Ontario Ministry of Children and Youth Services Student Nutrition Programs Nutrition Guidelines, 2018](#)

[Government of Ontario](#)

[Ontario Ministry of Education Healthy Food for Healthy Schools Act, 2008](#)

[Ontario Ministry of Education Trans Fat Standards Regulation](#)

[Ontario Ministry of Education's Policy/Program Memorandum No. 150 School Food and Beverage Policy](#)

YCDSB Policy [201A Healthy Schools: Eating & Nutrition](#)

YCDSB Policy [201B Healthy Schools: Physical Activity](#)

YCDSB Policy [209 Protection of Students with Anaphylaxis](#)

YCDSB Policy [603A School Fundraising](#)

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