

## YORK CATHOLIC DISTRICT SCHOOL BOARD



BOARD POLICY	
<i>Policy Section</i> <b>Students</b>	<i>Policy Number</i> <b>201B</b>
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### POLICY: HEALTHY SCHOOLS - PHYSICAL ACTIVITY

#### SECTION A

##### 1. PURPOSE

The YCDSB recognizes that education is about the whole child and that physically active students are better prepared to learn. By promoting healthy physical activity through its practices, programs and curriculum, the York Catholic District School Board supports Ministry [Provincial Policy Memorandum PPM 138](#) and provides a consistent message regarding physical activity to all staff, students and school volunteers. By creating a Healthy Physically Active Environment, schools will be supporting a Christ-centred learning philosophy.

##### 2. OBJECTIVE

It is the policy of the York Catholic District School Board to promote and sustain healthy physically active environments which will help students optimize their learning potential. All schools will develop strategies to support these goals through their Healthy School Committee in alignment with the Board's Healthy Schools Framework.

##### 3. PARAMETERS

- 3.1 All schools in the York Catholic DSB comply with the Ontario Ministry of Education's [Daily Physical Activity Policy Act](#).
- 3.2 All Principals, in consultation with staff, the Catholic School Council, students and the local Healthy Schools Committee, shall be responsible for implementing and monitoring this policy and developing local strategies that align with the Board's Healthy Schools Framework.
- 3.3 Daily physical activity shall be incorporated into the instructional day in a variety of ways. For instance, integrating physical activity across various curriculum areas in individual blocks of five, ten, or fifteen minutes of moderate to vigorous activity would be an effective way of meeting the total minimum daily requirement of twenty minutes,

and also of creating a culture of physical activity in the school. Twenty minutes or more of moderate to vigorous physical activity during a scheduled health and physical education class would also meet the daily physical activity requirement. Since physical activity is only one component of a comprehensive health and physical education program, there will be days when a health and physical education class does not include at least twenty minutes of moderate to vigorous physical activity. On these days and on days when no health and physical education class is scheduled, other opportunities for accumulating at least twenty minutes of moderate to vigorous physical activity during the instructional day shall be provided.

- 3.4 In elementary schools all students will receive physical activity education via the Active Living and Movement Competence Strands from the Ontario Health and Physical Education Curriculum (Grades 1-8), and support will also be available for K-8 through the Healthy Living Strand. [Ontario Health and Physical Education Association \(OPHEA\)](#).
- 3.5 In secondary schools, diverse forms of physical health education courses (e.g. dance, yoga, weight training) will be provided where numbers warrant. A variety of creative options that encourage students to participate, develop confidence and skill building will be considered.
- 3.6 In secondary schools all students will receive physical activity education via the [Active Living Component](#) from the Ontario Health and Physical Education Curriculum (Grades 9-12), Healthy Living Strand. Ontario Health and Physical Education Association (OPHEA) support will also be available for Grades 9-12.
- 3.7 Secondary School Administration will work with their School Councils to develop strategies that promote student physical activity.
- 3.8 Intramural sports shall be encouraged in schools wherever scheduling is possible.
- 3.9 **Integration of Physical Activity Education for Students:** In elementary and secondary schools, physical activity should be incorporated into appropriate areas of the curriculum (e.g., drama, dance) to help develop a healthier attitude and a focus on lifetime physical activities that youth can see themselves doing after graduation.
- 3.10 **Staff Training on Physical Activity:** All staff will be encouraged to participate in regular physical activity training sessions. The YCDSB will provide opportunities for professional development and encourage staff to have adequate physical activity knowledge (e.g., workshops, Health & Physical Education website, Curriculum conference, subject council meetings, athletic association, current curriculum supports and resources).
- 3.11 **Physical Activity Education and Religious Education Programs:** Physical Activity should also be integrated with religious education teachings, to affirm our belief that we are called to educate the whole person as a physical, spiritual and intellectual being.
- 3.12 Administration will work with school board personnel to plan school grounds which provide opportunities that encourage physical activity.
- 3.13 Planning for walkers and bikers within the safe arrival area must be considered to encourage safe walking routes and bike parking.

- 3.14 **Discipline:** Daily Physical Activity/Physical Education class/intramurals/sport teams will not be withheld as discipline for individuals or a class. Teachers or staff supervising **physical activity** may utilize a time out or an alternative activity if a student's behavior is creating a safety issue within the context of the supervised activity.
- 3.15 **Community Partnerships:** Every effort will be made to promote strategies to involve students, families, parish and the community (e.g., Institute for Catholic Education, York Region Community and Health Services, Ontario Health and Physical Education Association) in physical activity education, and promote and maintain a Healthy Physical Activity Environment.

#### 4. RESPONSIBILITIES

##### 4.1 Director of Education

- 4.1.1 To oversee compliance with the Healthy Schools – Physical Activity policy.

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

- 4.2.1 To oversee the Board's processes for Healthy Schools - Physical Activity.
- 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 assist the school in promoting and supporting physical activity for students.
- 4.3.2 To share successful practices and develop future directions.

##### 4.4 Principals and Vice-principals

- 4.4.1 To support school participation in promoting physical activity through both words and actions.
- 4.4.2 To provide leadership and learning opportunities to teachers, students, staff, parents, school councils and community members to implement and sustain healthy physical activity in school;
- 4.4.3 To work with the Healthy School Committee to provide information on physical activity.

##### 4.5 School Staff

- 4.5.1 To provide opportunities for students to increase their knowledge, skills, and attitudes with regards to physical activity;
- 4.5.2 To integrate healthy physical activity into daily practices;
- 4.5.3 To model healthy behaviours;

##### 4.6 School Councils

- 4.6.1 To support school participation efforts in promoting and supporting healthy physical activity.

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

- 4.7.1 To take opportunities to acquire and apply knowledge and skills that develop and sustain positive healthy physical activity in their home environments and school communities;

#### 5. DEFINITIONS

##### 5.1 [Active Tools for Schools \(ATS\)](#)

A free resource developed by YR Public Health to support elementary schools in creating a healthy, active environment by using the Comprehensive School Health

approach (Five Foundations for a Healthy School). ATS was developed to gather, organize and describe programs and resources that support Healthy Schools. There are nine *Essential Elements for Active Schools*: enhancing DPA; active fundraisers; active celebrations and rewards; positive staff role modeling and reinforcement; physical curriculum in the curriculum; active opportunities beyond the classroom; active school travel, safety, equipment and space; supportive guidelines and policies.

## 5.2 [Daily Physical Activity \(PPM\) 138](#)

The Ontario Ministry of Education released a policy that stated that every elementary student will take part in a minimum of 20 minutes of moderate to vigorous daily physical activity as part of the government's Healthy Schools Program.

## 6. CROSS REFERENCES

[The Ontario Curriculum, Grades 9 and 10; 11 and 12, Health and Physical Education](#), 1999

Ministry of Education [Policy/Program Memorandum No. 138](#)

The Public Health Agency of Canada, ParticipACTION and the Canadian Society for Exercise Physiology (CSEP) developed new physical activity guidelines.

[The Canadian Society for Exercise Physiology \(CSEP\) released the Canadian Sedentary Behaviour Guidelines for Children and Youth.](#)

[Ontario Health and Physical Education Association for Educators K-12.](#)

York Region Public Health, [Active Tools for Schools](#)

YCDSB [Policy 201 Healthy Schools](#)

YCDSB [Policy 603A School Fundraising](#)

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