



## Health and Wellness at the Calgary Board of Education

Health and wellness is important to everyone in the community, and the Calgary Board of Education is no exception. We know that students who are healthy and feel safe learn best, which is why we are committed to doing everything we can to promote student health in our schools. Our schools have a key role to play in working with students, families and communities to create welcoming, vibrant, physically and mentally healthy schools.

We do this in a variety of ways, including creating strategies to foster safe and caring school communities, taking a whole-school approach to health, following the Alberta curriculum, and by working together with community partners to support students' health and wellness needs.

### Comprehensive School Health

At the CBE, we believe in a whole-school approach to health and wellness. We call this our Comprehensive School Health (CSH) approach. CSH isn't just about healthy eating. It includes active living, supportive social environments and positive mental health. As a system we focus on the following four areas:

- healthy eating
- healthy relationships
- physical activity
- positive mental health

Each school's approach to CSH can look different. Every school is asked to create its own goals related to these four areas of focus. To support the schools in reaching their goals, the CBE has many different programs, partnerships and strategies to support our schools in creating healthy communities. These include:

- Implementing healthy school policies.
  - We have created several system-wide Administrative Regulations relating to nutrition and student safety and well-being.
- Developing strong partnerships and services with our communities.
  - Our students and schools health and wellness needs are supported by many organizations and generous donors.
- Creating supportive social and physical environments
  - Schools use a variety of approaches and strategies to create safe and caring school environments that best suit their school communities. They are also supported by a variety of system resources.
- Teaching students about health and wellness
  - Wellness is included in the Alberta Programs of Study, which identify what students are expected to learn and do in all subject and grades from Kindergarten to Grade 12.

### Creating Safe and Caring School Communities

Recognizing the full range of uniqueness in our students and staff is central to our work. With this in mind, students, staff and school communities share the responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. Since no two schools are the same, this looks different in every school.

For some schools, this could mean coming up with multi-grade buddy programs, where students in younger grades get to know students in older grades, helping create a unified school community. For others, this might mean ensuring each student is connected to an adult at the school so they feel known and valued.

I am proud of what our schools have done and continue to do to create healthy, safe, positive, inclusive, and welcoming environments that support and respond to the needs of students and staff.

David Stevenson  
Chief Superintendent of Schools

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