Name of CLC 2018 - 2021

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School/board logo here (delete this placeholder)



HEALTH & WELLBEING



Our school offers health and well-being activities, professional development, curriculum, and assessment practices.

Our school facility and environment support and reinforce the health and well-being of each student and staff member.

MEDIUM TERM

Our school addresses the health and well-being of each student and their families.

Our school addresses the health and well-being of each staff member.

SHORT TERM

Our school collaborates with parents and the local community to promote the health and well-being of each student and their families

Our school facilitates student and staff access to health, mental health, and dental services.

MEDIUM TERM

Staff has opportunities to engage in physical activities and/or mindfulness practices during their breaks.

Students have structures and spaces that promote active breaks.

SHORT TERM

Our school offers programs for mindful movements to staff.

Our school Playground structures and sports facilities exist to encourage active play at recess.

There are regular opportunities to engage in short bursts of physical activity throughout the day.



Updated: (date)

INTERVENTIONS

- Screening day for new students in August
- Community night with partners for families
- Health and Well-Being Fair (during Science Fair)
- Offer healthy snacks and active breaks during all
- Online webinars (for all adults) on mental health

school events

- Stop-Drop-Dance (like D.E.A.R.) every morning
- Create a committee to apply for schoolyard grants
- Lunchtime yoga / mindfulness classes for staff



PARTNERS

- University
- Health services
- Centre for Excellence
- Health and Well-Being **Community Table**
- Municipality's Sports and Rec department
- Environmental group



