



**DISTRICT EDUCATION COUNCIL
Superintendent's Monitoring Report**

Policy Name	Healthy Living		
Policy Number	ASD-W-ER 2.3	Number of Reports per year	1
Policy	<p><i>The council believes learning and teaching are enhanced through healthy living practices. Therefore, students will benefit from learning opportunities and programs that support healthy living, which includes but is not limited to mental health, nutrition, and physical activities in all facets of school. All members of the school community, including school staff, food service providers, parents and students will be involved in achieving the goals of this policy.</i></p>		
Date of Report	February 21, 2019		
Date of Previous Report (s) This School Year	N/A		
Date of Future Report (s) This School Year	N/A		
Report Filed by:	Catherine Blaney, Acting Superintendent		
Report Supported by:	Dianne Kay, Director of Curriculum and Instruction Karla Deweyert, Director of Education Support Services Susan Young, Supervisor of Data and Accountability		
<u>Interpretation:</u>			
<ol style="list-style-type: none"> This policy calls for the Superintendent to provide learning opportunities and programs that support and promote healthy living practices, for all to benefit, within the learning and working environment. 			
<u>Justification:</u>			
<ol style="list-style-type: none"> The Canadian Medical Association report healthy eating and physical activity to be two of the most important behaviours to create or maintain optimum physical health. https://www.cma.ca/sites/default/files/2018-11/PD15-12.pdf The Pan-Canadian Joint Consortium for School Health (JCSH) defines mental health as a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to her or his community. http://www.jcsh- 			

[cces.ca/images/PMH TK One-Pager 2017.pdf](http://cces.ca/images/PMH_TK_One-Pager_2017.pdf)

4. **The fostering of a classroom environment that support resilience is increasingly considered as important to child and youth development as academic achievement. (NB Student Wellness Survey 2015-2016)**
5. **Resilience is defined by JCSH as the ability to persist in the face of adversity and to thrive even when encountering challenges. (<http://www.jcsh-cces.ca/>)**
6. **“The relationship between wellness and education is a two-way mutually supportive one. Research has observed a negative correlation between risky health behaviors and health status and education (academic achievement and performance)” Suhrcke & Pas Nieves, 2011 as cited in the NB Student Wellness Survey 2015-16)**
7. **The fulfillment of mental health needs (competence, relatedness and autonomy) has been connected to positive outcomes such as enhanced academic self-esteem, increased academic performance and decreased likelihood of dropping out of school. (NB Student Wellness Survey 2015-16)**
8. **The primary purpose of Physical Education is to help students develop the skills, knowledge and attitudes necessary for participating confidently in many different forms of physical activity and maintaining a physically active lifestyle into and through adulthood. (EECD Physical Education Curricula)**
9. **Physical Education provides opportunities for all students to become physically educated and enjoy moving by focusing on the development of fundamental movement skills, movement concepts and strategies, as well as, personal and social skills. (EECD K-5 Physical Education Curriculum p.12)**

Compliance with this policy will be achieved when:

1. **All schools will adhere to the guidelines for instructional minutes for *You and Your World* (K-2), Personnel Wellness (3-5), Health Education (6-8), Personal Development and Career Planning (6-8), Personal Development and Career Planning (9-10), Physical Education (K-5), Physical Education (6-8), Health and Physical Education (9-10). (Appendix A)**
2. **All service providers within ASD-W will adhere to the expectations within Policy 711.**
3. **Information will be provided to parents and the community on living a healthy lifestyle via the ASDW Website.**
4. **Schools foster environments that support resiliency.**
5. **Provincial In Confidence -Everyday Counts program offers attendance support and provides timely service. All ASDW schools designate a Wellness rep that works with the NBTA Wellness committee to facilitate activities and initiatives for all staff. Schools provide opportunities to participate in researched strength-based programs such as Positive Mental Health, PBIS (Positive Behavior Intervention and supports) and Health Promoting Schools.**

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Evidence:

- **School report card data monitored to review the level of academic achievement with: *You and Your World (K-2), Personal Wellness (3-5), Health Education (6-8), Personal Development and Career Planning (6-10), Physical Education (K-8), Health and Physical Education (9-10).* (Appendix B)**
Students will maintain at the meeting or excelling expectation levels in K-5 and in 6-8, as noted on the K-8 Report cards. Final grades at 9-12 for health and Physical Education (9-10) will be maintained at 90% or above.

- **ASDW website – Parent information section provides information on healthy living for parents and school communities**
<http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx>

- **Teachers and schools will use tools, strategies and resources to build on the learning opportunities and programs that support students’ resiliency, and healthy living (This includes but is not limited to mental health, nutrition, and physical activities in all facets of school.)**
Wellness data 2018-2019 will reflect an increase of 3% above the 2015-2016 survey results. (Appendix D)

- **In- confidence regular communication to all staff. (Appendix C sample)**

Compliance: I report compliance with this policy.

Superintendent’s Signature: _____

DEC Chair Signature: _____

Date: _____

Compliance of Delivery of Courses

HEALTH AND PHYSICAL EDUCATION COURSES SCHEDULED IN SCHOOLS

✓	Physical Education K
✓	You and Your World K
✓	Physical Education 1
✓	FI Physical Education 1
✓	You and Your World 1
✓	FI You and Your World 1
✓	Physical Education 2
✓	You and Your World 2
✓	Personal Wellness 3
✓	FI Per Wellness 3
✓	Physical Education 3
✓	FI Physical Education 3
✓	Personal Wellness 4
✓	FI Per Wellness 4
✓	Physical Education 4
✓	FI Physical Education 4
✓	Personal Wellness 5
✓	FI Per Wellness 5
✓	Physical Education 5
✓	FI Physical Education 5
✓	Health Education 6
✓	FI Health Education 6
✓	Pers. Dev. & Career Plan. 6
✓	FI Pers. Dev. & Career Plan. 6
✓	Physical Education 6
✓	FI Physical Education 6
✓	Health Education 7
✓	FI Health Education 7
✓	Pers. Dev. & Career Plan. 7
✓	FI Pers. Dev. & Career Plan. 7
✓	Physical Education 7
✓	FI Physical Education 7
✓	Health Education 8
✓	FI Health Education 8
✓	Pers. Dev. & Career Plan. 8
✓	FI Pers. Dev. & Career Plan. 8
✓	Physical Education 8
✓	FI Physical Education 8

Scheduling Legend	
✓	Scheduled in all schools

Note: Where staff are available, some schools are able to offer Phys Ed and PDCP in French

Total # of Schools Offering These Courses							
	Eng	FI	Total	Eng	FI	Total	
K	44	-	44	6	29	13	29
1	44	22	44	7	29	14	29
2	44	-	44	8	29	14	29
3	43	21	43				
4	43	19	43				
5	43	19	43				

ASD- W K- 8 Report Card Data Summary
STUDENTS MEETING OR EXCELLING EXPECTATIONS

Grades K-8 Report Card Data
% (3,3+,4,4+)

Anglophone West School District	June 2017	June 2018
K-2 You and Your World	99%	99%
K-5 Phys Ed	96%	98%
3-5 Personal Wellness	97%	99%
6-8 Health	97%	97%
6-8 Phys Ed	95%	94%
6-8 Pers. Dev. & Career Planning	93%	97%

Excellent (4, 4+) Student learning and work show strong and/or exceptional achievement.

Meeting (3, 3+) Student learning and work shows appropriate and/or proficient achievement

Grades 9-12 F1 Report Card Data
%60>

Anglophone West School District	June 2017	June 2018
9-10 Health & Phys Ed (45h)	94%	96%
9-10 Health & Phys Ed (90h)	95%	96%
9-10 Pers. Dev. & Career Planning	90%	90%

From: Haanstra, Susan (ASD-W) <susan.haanstra@nbed.nb.ca>
Sent: Thursday, November 22, 2018 10:12 AM
To: (ASD-W) All Staff -Anglophone West School District
Subject: FW: November Features from inConfidence

From: Arseneault, Becky (SNB)
Sent: Friday, November 02, 2018 11:20 AM
Subject: November Features from inConfidence

EFAP Champions: Please distribute to your employees immediately



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MONET

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- Grant and funding
- Asset and liability
- Management
- Investing and equity
- College funding
- Asset protection and debt

HEALTH

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- term care management
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From coping with change to just life-changing, we're here to help you live a better life. We'll help you find the solutions, ideas and support you need to get through your life — whether you're facing a health challenge, a family change or anything else. We'll help you find the solutions, ideas and support you need to get through your life — whether you're facing a health challenge, a family change or anything else.



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