

YORK CATHOLIC DISTRICT SCHOOL BOARD

BOARD POLICY	
<i>Policy Section</i> Students	<i>Policy Number</i> 201
<i>Former Policy #</i>	<i>Page</i> 1 of 4
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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
-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 prom6504.29 585.1 0.48001 0.48001 ref204.77

- 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 processes to promote and sustain a Healthy School
- 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

- 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

6. CROSS REFERENCES

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

[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 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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